

CUTHBERT LAB

NAVIGATING TOWARD HEALTH AND WELLNESS



Yinka Oladele is a PhD student in Community Health Sciences at the University of Calgary. She holds a Master of Arts in Counselling Psychology and a Master of Education in Educational Leadership and is a Certified Canadian Counsellor. Her interdisciplinary background spans mental health, cancer survivorship and caregiving, community-based programming, nonprofit leadership, and entrepreneurship.

Her doctoral research explores the interconnected experiences of cancer survivorship, caregiving, and mental health within African and Black communities. Using a qualitative research design informed by Community-Based Participatory Research (CBPR) principles, Yinka seeks to understand how cultural, familial, and psychosocial factors shape the experiences and well-being of cancer survivors and family caregivers.

Drawing on her counselling practice, community leadership, and extensive work with individuals and families affected by cancer, Yinka is particularly interested in translating lived experiences into culturally responsive psychosocial interventions and supportive-care approaches. Her nonprofit leadership and entrepreneurial experience have further shaped her commitment to developing practical, community-driven solutions that bridge research and real-world impact. Through her research, Yinka aims to advance equitable, culturally responsive, person- and family-centred approaches to cancer survivorship and psychosocial care for African and Black communities.