

## Catherine Wood

Catherine is a 25 year police officer serving almost five years with the OPP, largely in Northern Ontario, and the remainder with Ottawa Police Service (OPS). Currently, as a Sergeant within Professional Standards, Catherine has had the opportunity to develop and lead the Alternate Dispute Resolution (ADR) program dealing with formal complaints against the police. She has a BA(H) from Queen's University and is working towards her Chartered Mediator designation.



Catherine has worked in uniform patrol, as a school resource and neighbourhood officer, general investigations and extensively in the domestic violence/partner assault unit. She is a current OPS crisis negotiator, mental health trainer and a long time fitness appraiser.