

Dr. Cynthia Slade, MD, FRCPC

Dr. Cynthia Slade is a community-based psychiatrist, born and raised in Newfoundland and Labrador. She grew up in Arnold's Cove on the Avalon peninsula and has dedicated her career to serving the mental health needs of her province. She completed her undergraduate studies at Memorial University, earning a Bachelor of Science with Honours in 1998, followed by her Doctor of Medicine in 2002. She then remained at Memorial to complete her residency in psychiatry.

Since finishing her training, Dr. Slade has worked extensively in community psychiatry. For several years she provided geriatric consultation services to the residents of Hoyles-Escasoni and, since 2024, has contributed her expertise one day a week to Veteran Affairs Canada and the Royal Canadian Mounted Police.

Dr. Slade has held numerous leadership roles throughout her career. She served on the NLMA Board of Directors from 2007 to 2010 and was President of the Newfoundland and Labrador Psychiatric Association. Nationally, she contributed to the Canadian Psychiatric Association as a member of its Economic Committee for six years and represented Newfoundland and Labrador on its Board of Directors.

Dr. Slade has two daughters, aged 13 and 16, who keep her busy and outside of medicine, she enjoys travelling, reading and running.

On June 7, 2025, Dr. Slade was installed as the 100th president of the NLMA. During her presidency she hopes to focus on further advancing the concerns of doctors, physician wellness, and improving patient access to care.