



CENTRE FOR GRIEF & HEALING
Bereaved Families of Ontario -
Halton / Peel

Indigenous Community-Based Grief & Mental Health Workshop Support

“Workshop Developer”

About the Centre for Grief and Healing:

Providing free grief support, education, resources, and awareness for individuals aged 6 and up, we are committed to creating safer spaces for those navigating loss. Our services include one-to-one and group supports, as well as specialized programs based on community needs and the availability of peer supporters. We offer ongoing grief support groups for Friends and Family Loss, Partner Loss, and Parent and Guardian Loss, alongside additional time-limited programs designed to address specific types of grief and/or communities. Through education and awareness, we strive to foster understanding, reduce stigma, and empower individuals in their grief journeys.

Placement Overview:

We are seeking a student placement learner to actively develop (with the opportunity to co-facilitate in September 2026) a 4-week community-based grief and mental health workshop series. This placement is hands-on and project-focused, with the student playing a central role in designing and shaping a structured four-week workshop.

This (unpaid) role is well suited to a student who is interested in grief, mental health, peer support, embodied wellness, and community-led care, and who wants direct experience in program development.

The student will support the **development (with opportunity to co-facilitate in September)** of a four-week grief and mental health workshop series designed specifically for Indigenous communities.

More Information: The workshop series will be delivered once per week (1.5 hours per session) on a weekday evening in September. While not required, preference will be given to a student who is able to volunteer as a co-facilitator for the four-week series after their placement has ended, given their involvement in developing the program, but it is not mandatory. The workshop follows a structured format:

- **Weeks 1–2:** Trauma-informed movement and/or embodied wellness practices
- **Weeks 3–4:** Community-defined arts, culture, and/or heritage-based activities



CENTRE FOR GRIEF & HEALING

Bereaved Families of Ontario -
Halton / Peel

Workshops will be informed by research and lived experience to ensure cultural relevance, accessibility, and personal meaning.

Role and Responsibilities:

Workshop Development

- Design and build the workshop programming
- Support the design process, including community insight and participant feedback
- Shape session flow, activities, and learning objectives
- Identify potential community partners and support outreach related to the workshop
- Collect and organize relevant resources to support workshop content and facilitation
- Contribute to reflection and documentation to inform future programming
- Visit the in-person office space to assess suitability for the workshop and identify alternative community spaces if needed
- Develop a resource on culturally safe and anti-oppressive peer support practices when supporting grieving Indigenous populations

Co-Facilitation (Optional)

- Co-facilitate 4 weekly workshop sessions alongside a second facilitator in September
- Support group safety, accessibility, and emotional containment
- Engage participants using peer-based and trauma-informed approaches
- Model peer support principles, boundaries, and relational care

Role Requirements:

Availability

- This is a primarily remote placement with some in-person components related to workshop development, such as visiting the office space where the workshops will take place
- The student must be available during the organization's core business hours for meetings, supervision, and development work
- If choosing to volunteer as a co-facilitator following the student's placement, the workshops will be in-person at our office near Square One (Mississauga) on a weekday evening



CENTRE FOR GRIEF & HEALING

Bereaved Families of Ontario -
Halton / Peel

We are seeking individuals with the following skills, qualities, and qualifications:

- As this is a peer-based placement, applicants **must** self-identify as a member of the community this workshop series is designed for: **Indigenous communities.**
- **Lived Experience with Loss:** A personal history of coping with the loss of a person is required. Candidates should feel at ease sharing their experiences in a peer-support setting, as this role may involve co-facilitating workshops where a level of disclosure may be anticipated.
- **Passion for Grief Support:** Genuine interest in our mission and familiarity with our programs is essential.
- **Research & Resource Development:** Able to conduct academic/applied research and access various databases to inform workshop programming.
- **Anti-Oppressive Lens:** Strong understanding of anti-oppressive, intersectional principles and how they relate to grief and support.
- **Creativity & Communication:** Skilled in developing engaging, inclusive workshops with clear, thoughtful communication (written and verbal).
- **Tech Skills:** Proficient in Canva (required), Google Workspace (Docs, Sheets, Gmail), and navigating remote work tools.
- **Independence:** As this is a hybrid role, the student should be comfortable working independently, taking initiative, and managing tasks.
- **Device & Internet:** Reliable internet connection and device with audio/video capabilities required.
- **Additional Requirements:**
 - Vulnerable Sector Check (completed within the last 12 months) if choosing to co-facilitate in September
 - Attend a facilitator training session to enhance skills and knowledge related to supporting grieving individuals, if choosing to co-facilitate in September

Supervision & Support:

The student will receive ongoing supervision and guidance from staff in a learning-focused placement environment.

Diversity and Inclusion Statement:

We are committed to fostering a space that celebrates diversity, equity, inclusion, and accessibility. We recognize the strength that comes from embracing a wide range of perspectives, backgrounds, and lived experiences, and we warmly welcome individuals from all walks of life to apply.



CENTRE FOR GRIEF & HEALING

Bereaved Families of Ontario -
Halton / Peel

For this specific placement, applicants must self-identify as a member of the community outlined above. This requirement exists because the role involves peer-based programming with and for that community. Our work is grounded in peer support, shared lived experience, and culturally responsive practice, and we believe programming is strongest when it is developed and held by people with lived connection to the community it serves.

Applicants are also welcome to share other identities or lived experiences they hold (e.g., BIPOC, 2SLGBTQIA+, young adult (ages 18-24), senior/older adult (aged 65+), Indigenous). Sharing this information is optional, but helpful, as it may create opportunities to co-support or contribute to additional workshops alongside other students and facilitators, where appropriate and aligned with placement capacity.

We particularly encourage women-identifying and gender-diverse individuals, racialized and Indigenous people, and people with disabilities who meet the above requirement to apply. We believe community-led and peer-based approaches enhance trust, safety, and relevance, and strengthen our ability to respond meaningfully to the experiences of the communities we support.

Application Instructions

1. Email your resume and cover letter to Victoria (she/her) at programs@bereavedfamilies.ca. Please include up to three general time slots for a (up to 1-hour) phone interview, which must occur on a weekday between the hours of 9:00am-4:00pm. For example, you might suggest availability like Monday mornings, Wednesday afternoons, or Friday mid-day. Please also share whether you prefer a video (Google Meets) interview over a phone interview.
2. Including your name, (optional) pronouns, days and hours of placement (if known or a general idea), estimated start date, and preferred contact information. **Applicants must confirm they have personal experience with loss and self-identity with the abovementioned community, as it is required for the role.**
3. Applicants are also asked to indicate whether they would be interested in volunteering as a co-facilitator for the workshop series in September, after their placement ends or if they are unable to (this is preferred but not required).
4. Only successful applicants will be contacted for an interview.
5. Accommodations available upon request (contact Victoria) during the recruitment process.