



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

## **Young Adult Community-Based Grief & Mental Health Support**

***“Workshop Developer, Co-Facilitator & Training Resource 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 (ages 18–30)** to support the development, delivery, and long-term strengthening of grief programming for young people and those who support them.

This (unpaid) hybrid placement is **project-based and impact-focused**, with two distinct phases:

- **Phase 1 (First Half of Placement):**  
Workshop development and preparation for a young adult grief and mental health workshop series (for ages 18–24), with co-facilitation occurring later in the placement (November to December).
- **Phase 2 (Second Half of Placement):**  
Development of a **new, lasting training** for volunteers and students who support grieving children and youth in peer-based one-to-one and group settings.

This is an unpaid student placement and is well suited to a student interested in grief, youth mental health, peer support, program development, and research-informed practice. The work completed during this placement will continue to be used by the organization **well beyond the placement period**, offering the student an opportunity to make a meaningful and lasting contribution.



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### **Phase 1: Young Adult Workshop Development & Co-Facilitation**

The student will support the development and co-facilitation of a four-week grief and mental health workshop series designed for grieving young adults ages 18–24.

The workshop series will be delivered once per week (1.5 hours per session) from November to December and will follow a structured format:

- **Weeks 1–2:** Trauma-informed movement and/or embodied wellness practices
- **Weeks 3–4:** Arts-, culture-, and/or identity-informed activities shaped by grieving young adults' experiences

Workshops will be informed by research, lived experience, and community feedback to ensure relevance, accessibility, and emotional safety.

### **Responsibilities – Workshop Development & Facilitation**

- Design and build educational workshop programming from concept to delivery, with a focus on experiential, hands-on learning rather than support-based group work
- Support the design process, incorporating research, supervisor insight and community feedback
- Help 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
- Co-facilitate 4 weekly workshop sessions alongside an experienced facilitator
- Model peer support principles, boundaries, and trauma-informed care
- Support the development and review of participant surveys and reporting related to workshop outcomes
- Contribute to reflection, evaluation, and documentation to inform future programming

### **Phase 2: Children & Youth Grief Support Training Development**

In the second half of the placement, the student will focus on developing a new training for volunteers and students who support grieving children and youth through peer-based one-to-one and group support.

This training will be used ongoing by the organization to prepare future volunteers and students and will become part of our standard training offerings.

## **Responsibilities – Training & Resource Development**

- Conduct research on best practices in peer-based grief support for children and youth
- Review existing models, literature, and sector resources
- Develop structured training content, including learning objectives, modules, and activities
- Create practical tools and guidance to support peer supporters working with grieving children and youth
- Collaborate with staff to ensure the training aligns with organizational values and practice
- Document and package the training so it can be used consistently moving forward

## **Role Requirements & Availability**

- This is a hybrid placement (primarily remote, with some in-person components)
- In-person attendance will be required at either our office near Square One (Mississauga), and/or at Lighthouse for Grieving Children (Oakville), for workshop facilitation (location will be determined during student's placement)
- The student should generally be available during the organization's core business hours for meetings, supervision, and development work; however, we understand that student schedules can be demanding and are open to flexibility where possible
- Evening availability is required to co-facilitate the 4 workshop sessions, held on a weeknight during the workshop series (November to December)

## **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: **Young Adult communities (ages 18-30)**.
- **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 involves co-facilitating workshops where a level of disclosure may be anticipated.



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- **Passion for Grief Support:** Genuine interest in our mission and familiarity with our programs is essential.
- **Group Facilitation Comfortability:** Willingness and readiness to co-facilitate educational grief group spaces.
- **Research & Resource Development:** Able to conduct academic/applied research.
- **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 workshop and training materials with clear, thoughtful communication (written and verbal).
- **Tech Skills:** Proficient in Canva (required), Google Workspace (Docs, Sheets, Gmail), and navigating remote work tools.
- **Independence:** Comfortable working independently with initiative and accountability.
- **Device & Internet:** Reliable internet connection and device with audio/video capabilities required.
- **Additional Requirements:**
  - Vulnerable Sector Check (completed within the last 12 months)
  - Attend a facilitator training session to enhance skills and knowledge related to supporting grieving individuals

### **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.

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+, senior/older adult (aged 65+), Indigenous). Sharing this



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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](mailto: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 (must be aged 18-30), as it is required for the role, and confirm their availability to co-facilitate the 4 in-person workshop sessions.**
3. Only successful applicants will be contacted for an interview.
4. Accommodations available upon request (contact Victoria) during the recruitment process.