



Mental Health & Gender-Based Violence Counsellor/Therapist 35 hrs/week Unionized Position

Summary

Caribbean African Canadian (CAFCAN) Social Services provides client-centered social services that promote the overall wellbeing of the Caribbean African and Diasporic communities in the Greater Toronto Area. CAFCAN is situated in one of Toronto's most diverse and high needs communities and provides a wide range of programs, services and activities to Black children, youth, families and seniors.

CAFCAN is seeking a skilled and enthusiastic person to be part of a team of professionals dedicated to providing immediate culturally safe mental health supports to Black children, youth, young adults and their families as well as Black women who have lived experiences with intimate partner and other forms of violence, including human trafficking.

Applications are currently being accepted for the Mental Health & Gender Based Violence Counsellor/Therapist (MHGBV Counsellor/Therapist) position. The MHGBV Counsellor/Therapist works within a multi-disciplinary team to provide a range of culturally safe prevention, assessment, referral, clinical counselling and follow-up services designed to meet the needs of children, youth, adults and families from African and Caribbean backgrounds with mental health concerns including lived experiences with various forms of trauma, including racial trauma.

Ability to work flexible hours including some evenings and weekends is essential.

Key Responsibilities:

- Provide individual support for clients including intake, assessment, case planning and follow-up
- Provide counselling to children, youth and their families
- Support clients towards self-efficacy and personal wellness by providing information on the impact of trauma, affirming their resilience and promoting thoughtful informed decision-making
- Work within an anti-oppressive framework (including an anti-Black racism lens)
- Long-term therapeutic counselling to assist women who have experienced abuse to gain a more in-depth understanding of woman abuse and empowerment and cope with the effects of violence.
- Crisis/support counselling to assist individuals seeking urgent assistance in person;
- Short-term, goal-focused counselling for women in the community;
- Mid and long-term clinical counselling to assist abused women to improve emotional well-being and healing;
- Sexual assault counselling provided to women who have been sexually abused or those who have experienced sexual abuse in their childhood;
- Development of safety strategies or plans for women and their children;

- Provision of information on rights, options, and available services;
- Referrals or linking women to appropriate services; and
- Outreach to women including promoting shelter services.
- Maintain a comprehensive understanding of crisis management and the impact of trauma on mental health and addiction issues
- Offer a range of clinical, prevention and intervention services for children, youth, adults, and families (eg. individual, family and group sessions, family case conferencing, and mediation)
- Support families dealing with mental health disorders and/or referrals for additional interventions
- Provide education to individuals and groups in the community with a focus on mental health related topics, such as suicide prevention, substance use, anxiety and depression, etc.
- Support our clients managing through family and individual crisis, anger and self-regulation, and healthy relationships
- Participate in the development, implementation, monitoring, and evaluation of programs and services for children, youth families and the community
- Integrate psycho-education components reflective of the current issues, concerns and needs as expressed by clients
- Demonstrate a viable model of culturally appropriate and reflective community-based mental health support
- Accept and work within the framework of CAFCAN's mission, vision, values and policies
- Assume other such responsibilities as may be deemed necessary from time to time

Requirements:

- Master of Social Work or Psychology preferred
- Bachelor of Social Work (BSW) or Bachelor of Arts with relevant experience will be considered
- Masters or Bachelor degree from another discipline combined with relevant experience will be considered
- Registered Social Worker or Psychotherapist in good standing (or in the process of registering) with the appropriate regulated professional college
- Proven history of work with diverse Black communities across the Greater Toronto Area
- Minimum 3 years counselling and/or group work experience with Black children youth and families
- Knowledge of various counselling methodologies and their application to resolving trauma
- Implement a strengths-based framework that is responsive to the impact of trauma on Black children, youth and families
- Understanding of anti-oppression practices and barriers faced by Black families
- Familiarity with Culturally Adapted Cognitive Behaviour Therapy (CACBT) and minimum 3 years recent experience delivering counseling support services primarily to Black children, youth and families
- Ability to provide assessment, referral, counseling, and follow up services to clients
- Excellent communication skills-written skills for the completion of documents, reports and case notes - verbal skills for communication on a one-to-one basis with clients
- Experience conducting community outreach
- Must be able to work flexible hours including evenings and occasional weekends
- Standard First Aid & Vulnerable Sector Check Certificates are required
- Demonstrated experience working with Black clients in assessment, crisis intervention, and trauma informed counseling

- Lived experience of the issues faced by Black people and communities
- Experience in providing professional counseling support to individuals, families and groups
- Experience in developing and facilitating treatment groups
- Excellent interpersonal communication and documentation skills
- Experience in working with a diverse team and proven ability as an effective member of a multi- disciplinary team
- Oral proficiency in languages of Africa and the Diaspora are considered assets.
- Flexibility in work hours
- Proficiency in Microsoft applications and case management database

APPLICATION CLOSING DATE: Open until a suitable candidate is hired.

CAFCAN Social Services is an equal opportunity employer.

Please forward your resume quoting position title to:

MH&GBV Counsellor/Therapist Hiring Committee

Email: jobs@cafcan.org

We thank all applicants however only short listed candidates will be contacted.