

GLoW Initiative:

Grief, Loss and Wellness for Frontline Workers

The GLoW Initiative offers free, confidential, ongoing support for those who support people who use drugs.

Services offered include:

massage & shiatsu
counselling/psychotherapy
acupuncture
herbal supports
sound healing
arts-based practices
somatic (body based) counselling

**Please contact Client Support Worker
Kai Somerville to access:**

kais@breakawaycs.ca
416 564 4037

Talk-Based Supports:

Grief, Loss and Wellness for Frontline Workers



Rai Reece, PhD (she/her)

Modalities Used: Art-based methods, narrative therapy, depending on core issues for clients, other modalities used are gratitude journaling, letter writing, music therapy



Richard Utama (he/him)

Modalities Used:
Motivational Interviewing, peer support, trauma informed, emotionally focused therapy, existential psychodynamic therapy, mindfulness-based stress reduction, LGBTQ affirming



Yvette Perreault (she/her)

Modalities Used: Grief and Loss Counselling - Principal of Good Grief Care Consultants, Yvette has an MA in Leadership & Training, now semi-retired from 24 years as Director of the AIDS Bereavement and Resiliency Program of Ontario



Rev. Evan Swance-Smith (he/she/ze/hir)

I am a queer, trans, non-monogamous minister ordained by the United Church of Canada. I am 2-Spirit and have been serving at Toronto Urban Native Ministry for 7 years.



Chris Leonard (she/her)

Chris Leonard brings extensive experience supporting workers and communities impacted by trauma and loss to her work as a consultant. Her process facilitation and trainings are grounded in wholistic, anti-oppressive, and resilience frameworks.



Charmaine Hunter-Edwards, MSW, RSW (she/her)

Modalities Used: Trauma-Informed Care (TIC), Humanistic, Cognitive Behavioural (CBT); Narrative; and Solutions-Focused Therapy

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**Jess Swance-Smith
(he/she)**

Modalities Used: peer support, spiritual care, LGBTQ counseling, grief and loss counseling, trauma aware. Jess has much experience walking with people through spiritual/religious trauma.



**Tonia Richard,
MSW, RSW (she/her)**

Modalities Used: Strengths based Narrative Therapy – Tree of life Methodology. Motivational Interviewing, Peer Support, Client Directed Outcome-Informed Therapy and Psychodynamic Therapy

see body-based
supports on next
page



Body-Based Supports:

Grief, Loss and Wellness for Frontline Workers

Snjezana Pruginic (she/her)



Modalities Used: Shiatsu, Somatics. Snjezana Pruginic is a Wellness Professional (Trauma-informed Shiatsu Therapist, Meditation Instructor) Community Justice Worker + Youth Worker

Tave Cole (she/her)



Modalities Used: NADA acupuncture, herbal supports. Tave has been a frontline harm reduction and overdose response worker throughout the ongoing and completely devastating overdose crisis.

Adrienne Mak (they/them)



Modalities Used: acupuncture, cupping.

Hi! My name is Adrienne and I am a Registered Acupuncturist. I am a queer, second-generation Chinese settler here in Tkaronto.

Sarah Reimer (she/her)



Modalities Used: Massage therapy, reflexology

I am a queer Registered Massage Therapist practicing trauma-informed bodywork. I work through a lens of harm-reduction, consent and anti-oppression

Cathy Walker (she/her)



Modalities Used: Herbal medicines, supportive listening, singing & drumming. Cathy is an Ojibwe mother of three autistic boys who 23 years experience in frontline work. Cathy has a much valued role in community as helper to the medicines.

Melody Alderton-Ballik (she/her)



Modalities Used: sound and voice guided meditation, body scans with focus on relaxation, crystal singing bowls, tuning forks, various other musical instruments