

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
counselling/psychotherapy
acupuncture
herbal supports
sound healing
arts-based practices

**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
Yvette is Team Lead for Good Grief Care Consultants, a diverse team that provides accessible, relevant traumatic grief supports to front line workers and their managers in the not-for-profit sector



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



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

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Emily Laurent Henderson (she/her)

Emily is a Kalaaleq Arnaq (Greenlandic Inuk woman), cultural worker, community organizer, writer, and birth doula with a focus on loss and termination, medicine grower and founding member of Tkaronto Plant Life.



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

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



Body-Based Supports: Grief, Loss and Wellness for Frontline Workers



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



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