



Peer Support Facilitator Intern

About the Organisation

Black Mental Health Connections (BMHC) Montreal is an association focused on improving the mental health and well-being of the Black community in Montreal. We help our community by developing and offering services that spark bottom-up social change. Our mission is to use our collective experiences to empower members of Black communities by breaking mental health barriers and promoting healing. We create programming that is centered around community care through community educational events. We also believe in creating an environment where we can care for those who are caring for folks in our community.

The ask

BMHC will be running a Peer Support Group this Fall 2025 for those aged 18 to 30. The goals of our support groups are to break the stigma and shame associated with mental health by reaching out to our community as a whole and to create an anti-oppressive, harm-reductive space for cathartic release, community building, and skill sharing. The group will be closed groups of up to 10 participants focused on the modality of creative arts therapy as a way to develop mental health skills and promote healing.

Facilitator responsibilities

- Practicing intersectional, anti-oppressive, harm-reduction practices, and techniques;
- Assertively but gently keeping the group discussion on track;
- Ensuring that each member who wants to speak is given an equal opportunity;
- Providing social and empathetic listening to all participants;
- Updating online resources relevant to the groups;
- Offering practical assistance and mental health management knowledge and skills to increase participant capacity, skills, and understanding of their own mental health;
- Building a topic list and ensuring topics and discussion are relevant for participants;
- Ensuring all participants adhere to the guidelines and practices necessary to ensure a safe space; and
- Working with the coordinator to host care packages and a final event.

Facilitator qualifications

- Demonstrated experience in peer support best practices;



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- Commitment to non-judgemental, harm-reduction, person-centered care approach
- Excellent communication, interpersonal, problem solving, and conflict management skills;
- Ability to maintain confidentiality and participant safety;
- Significant life and work experience; and
- Excellent organisational and multitasking skills.

Commitment:

10 weeks starting September 15th to November 24th, 2025

5 hrs/week

Your time is your own but we estimate:

- 1.5 hrs offering direct service
- 1 hr receiving supervision
- 2.5 hrs preparing for sessions

Honorarium: \$850