



Job Opportunity

Position: Mental Health Counsellor

Location: Abrigo Centre – 1645 Dufferin Street, Toronto

Job Type: Part-time, 21 to 28 hours per week.

Application Deadline: March 20, 2026

Position Summary

Abrigo Centre is currently seeking a **Mental Health Counsellor** for 21 to 28 hours per week. This position may be attractive to private practitioners interested in the balance of working within both a community organization and private practice framework.

You will be providing Mental Health services in both Portuguese and English to individuals and families who seek our services in support of their well-being. You will be working with a mixed caseload of clients 16 years of age and older and supporting clients with life's challenges by identifying strengths, exploring options, coping strategies, promoting healing and offering referrals for more intensive services. You will co-create intervention plans with your clients and support them in working towards their goals in this time limited service using an array of counselling modalities you have been trained in.

Key Responsibilities

- Individual and family counselling for a range of mental health related needs, including anxiety, mood disorders, PTSD, & relationship issues
- Conduct client assessments and co-create intervention/support plans tailored to client goals
- Support client goals through a range of therapeutic modalities such as CBT, IFS, DBT, trauma-focused, mindfulness-based, psychoeducation and expressive arts interventions.
- Understand the impact of gender-based violence, poverty, addictions and lived experiences on mental health and relational well-being
- Work collaboratively with clients and service systems in responding effectively to crisis and supporting engagement in other services
- Provide one on one guidance and solution focused strength-based support to parents on topics such as parenting skills, child development, and offer referral to community resources
- May offer dyadic counselling between parent and child where safe and appropriate
- Engage in reflective practice and regular supervision
- Collaborate with other professionals to ensure comprehensive support

- Maintain accurate and up-to-date documentation
- Uphold confidentiality, boundaries and ethical standards of practice as per professional designation

Qualifications & Experience

- Master of Social Work or Registered Psychotherapist
- Registered with OCSWSSW or CRPO (and in good standing)
- Strong psychosocial assessment skills with the ability to identify stressors, risks, strengths and protective factors
- Ethical practitioner who builds trusting relationships
- Trauma informed, anti-oppressive & solution focused
- Proficient in various counselling modalities
- Reflective and non-judgmental approach with clients and co-workers
- Excellent communication, documentation and interpersonal skills
- Bilingual in English and Portuguese and culturally sensitive to the nuances of working with a variety of Portuguese speaking communities
- Experienced working with inter-disciplinary teams
- Creative individual who enjoys working collaboratively with a group of hard working, kind and caring individuals

How to Apply:

Please send a cover letter and your resume by email to info@abrigo.ca outlining your qualifications and interest in this position with “**Mental Health Counsellor**” in the subject line by **Friday, March 20, 2026**.

We encourage applications from individuals who reflect the diverse communities we serve. Abrigo is committed to employment equity. Abrigo is strongly committed to equity, inclusion and diversity within its community. We especially welcome applications from members of racialized groups, Indigenous peoples, persons with disabilities, all religions, persons of diverse sexual orientations and gender identities and others with the skills and knowledge to productively engage with our diverse community.

Abrigo thanks all who submit their resume, however only candidates selected for an interview will be contacted.