Upper Grand Family Health Team

107-6420 Beatty Line North, Fergus, ON N1M 2W3
Office: 519.843.3947 • Fax: 519.843.7386

Mental Health Therapist

Permanent, 0.7 FTE

The Upper Grand Family Health Team (UGFHT) offers the opportunity to join an innovative, community-based primary health care team serving the Arthur, Fergus, and Elora areas. We are looking for a talented team player to join us as we continue to provide a model of excellence in rural primary health care.

Position Summary

The Mental Health Therapist (MHT), as a member of a multidisciplinary primary care health team, provides therapy to patients with mild to moderate mental health issues through individual and group counseling and is a resource to family physicians, other allied health professionals and the community. The MHT will provide counselling / therapy / treatment plans designed to help the individual to perform daily tasks, and self-management coaching and support to develop the skills to live independent and productive lives.

Requirements

- Masters' degree in Social Work or Psychotherapy and current registration in good standing with a relevant College in Ontario
- Ability to work independently and as part of a collaborative team
- Prior experience in one on one assessment and counseling in a primary care setting is considered an asset
- Program development, facilitation and evaluation skills
- Strong leadership, interpersonal, problem-solving and organizational skills
- Experience with and willingness to see youth (13+) clients an asset
- Ability to prioritize, manage time effectively and be flexible within a dynamic work environment
- Excellent oral and written communication skills
- Proficiency in the use of computer and communication system knowledge including e-mail and Electronic Medical Records (EMRs) (Telus Practice Solutions an asset)

Skills and Abilities

- Ability to keep confidential all information regarding patients, health care providers, employees, business operations and clinic/team functioning
- Professionalism displayed through mannerisms, attire and response to stressful situations
- Organizational ability to prioritize a wide range of job activities with accuracy and speed
- Communication skills which reflect the ability to work well in a team environment while maintaining respect and attentiveness to patients and fellow team members
- Interpersonal skills to listen effectively and to train and help develop patients, new employees and students
- Problem solving skills to identify and effectively solve problems and to help patients and team members solve problems
- Time management abilities to effectively set priorities and complete tasks within agreed upon timeframes

Compensation

- $34.81 - $39.95 per hour, depending on experience

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Interested candidates are invited to submit a cover letter and résumé by **November 6th, 2026** to:

Nicole Bird, Manager of Human Resources and Administration
Upper Grand Family Health Team
107-6420 Beatty Line North, Fergus, ON, N0B 1S0
careers@uppergrandfht.org
Fax: (519) 843-7386

The Upper Grand Family Health Team (UGFHT) is an equal opportunity employer and supports diversity, equity and a workplace free from harassment and discrimination. We encourage applications from all qualified candidates, including women, visible minorities, indigenous peoples and persons with a disability.

The UGFHT is committed to providing a barrier-free environment for all our clients/customers, employees, job applicants, suppliers, and any visitors who may enter our premises, access our information, or use our services. As an organization, we respect and uphold the requirements set forth under the Accessibility for Ontarians with Disabilities Act (2005), and its associated standards and regulations. Accommodation will be provided in all parts of the hiring process as required under The UGFHT's Employment Accommodation policy. Applicants with needs that require accommodation are encouraged to contact our Manager, Human Resources & Administration at (519) 843-3947 extension 100 or careers@uppergrandfht.org .

We appreciate the interest of all applicants, however, only those selected for an interview will be contacted.