

HARD FEELINGS is recruiting volunteer **Board Members**

Hard Feelings is an innovative mental health organization, based in Toronto. We support a community of mental health professionals who offer low-cost psychotherapy. Our retail shop sells curated resources that support stronger mental health. Our innovative storefront is a welcoming space where you can connect with others through our free programming, engage in conversations that fight stigma, and get help in navigating your way to the support you need. You can learn more about our work at www.hardfeelings.org.

New Board Members

We are looking for a few dedicated people who want to use their experience and expertise to support the growth of our innovative model. We are particularly interested in increasing our board strength in the following areas: Fundraising, Finance, HR & Governance, and Law. Previous Board experience is an asset.

Board member responsibilities include:

- Attend Board meetings (approximately 5 per year), virtually and/or in-person.
- Support the work of Hard Feelings using your skills, expertise and influence.
- Participate in at least one Board committee (e.g. Finance, Governance, etc.).
- Participate in training, as requested and organized by Hard Feelings.
- Promote and advance the interests of Hard Feelings in the community.

The Application Process

Apply by sending us an email to board@hardfeelings.org with the following information:

- Why you are passionate about improving accessibility for mental health supports.
- What skills, interests and perspective you would bring to the Board.
- Who you are - attach a resume or link to your LinkedIn profile.
- How you would engage with us in our work.

We are committed to prioritizing applicants with experience in and knowledge of anti-oppressive practice, disability justice, and equity and inclusion, including those who reflect the diversity of the communities served through Hard Feelings.

We will be accepting applications until September 15, 2026 and we will respond to all applications by September 30, 2026.

HARD FEELINGS MENTAL HEALTH

353 Church Street | Toronto, ON M5B 0B2 | @hardfeelings

Charitable Registration Number: 715507323 RR 0001