NOVA SCOTIA griefalliance SYMPOSIUM

MOBILIZING GRIEF - BUILDING NETWORKS OF CARE

‘The Strength Myth’: Unspoken Pain in the Black Community

Danita Fayette Williams

Educator | Canadian Certified Counsellor (CCC) | Registered Counselling Therapist (Candidate)

Danita brings over 17 years of expertise as an educator and nearly 10 years of experience in counselling, anti-Black racism, trauma, and culturally responsive healing. Her work centres the lived experiences of Black communities with care, compassion, and clinical precision.

She currently serves as a Senior Assessor, Peer Reviewer and Consultant with the African Nova Scotian Justice Institute (ANSJI) and the Viola Desmond Justice Institute (VDJI). Her work in forensic cultural assessments has broken barriers; notably, she was the first assessor to prepare culturally rooted reports for the Parole Board of Canada in British Columbia.

Danita is also a family court assessor with the Nova Scotia provincial courts, a Director with the Nova Scotia School Counsellors Association, a Canadian Certified Counsellor (CCC), a Registered Counselling Therapist (Candidate), an educator, and a speaker.

She continues to lead transformative conversations on racial trauma, mental health, self-care, and community wellness.