Long bio



ABOUT MÉLANIE

Mélanie Stafford is an Ottawa-based Franco-Ontarian registered social worker, consultant, facilitator, and educator. Her roots run deep in health and social services, with more than 25 years of practice and learning. Her work has taken her through sexual and reproductive health, community development, harm reduction, leadership, and popular education at local and national levels.

She studied history and social intervention at the University of Ottawa, earned a Bachelor of Social Work from Dalhousie University, and completed a Master of Social Work at the University of Victoria with a focus on Indigenous Methodologies. These experiences shape how she works alongside people, teams, and organizations: with curiosity, care, and attention to relationships.

The people Mélanie has worked with have taught her more than she could ever give back. She carries that learning with her and never forgets the privilege of being welcomed into someone’s space. She believes difficult conversations can be honest, kind, and transformative when approached with care. For her, some of the best learning happens through stories, play, and laughter. Real transformation becomes possible when we show up as our whole selves and make room for others to do the same.