



JOIN OUR TEAM!

Mental Health Program, Mindfulness Group Facilitator Part Time & Full Time, Term Positions Learning and Leisure Centre, 103-290 Vaughan St.

Are you passionate about community and wellness? Our Mental Health Learning and Leisure program is designed to maintain the dignity and realize the potential of individuals who are living with mental illness. As the Mindfulness Group Facilitator, you will work as a member of the Mental Health Services team and be responsible for the intake and assessment of group participants (youth 18-30 years of age) and co-facilitation of the program. You will co-lead this program and engage participants in learning about their anxiety and discovering helpful coping tools through creative activities and discussions.

Are you the right fit?

- Recruitment, intake and assessment of program applicants
- Facilitate group sessions on stress management and coping skills
- Attend curriculum training and follow curriculum as provided
- Create a warm, welcoming and safe group environment
- Support applicants and participants to contact appropriate referrals to community agencies
- Maintain an atmosphere of achievement that inspires self and others to succeed at the highest levels
- Attend post- program debrief meetings

What else do you need?

- Master's degree in mental health or counselling related field or equivalent combination of experience and education required
- Experience working with teenagers youth (18-30 years of age) experiencing mild to moderate anxiety and mood problems
- Minimum of 2 years' experience conducting intakes and assessments
- Emergency First Aid and CPR Level C (can provide)
- Mental Health First Aid (MHFA) (an asset)
- Excellent verbal, written communication and interpersonal skills
- Fully immunized against COVID-19 or valid exemption

Why work at the Y?

- Great people and great work environment!
- Many opportunities for growth and advancement!
- Complimentary individual Y membership
- 5% employer-matching pension plan

Submit your cover letter and resume indicating preference of part time or full time employment by August 26, 2022 to: rebecca.trudeau@ymanitoba.ca

The YMCA-YWCA of Winnipeg is committed to providing a safe environment for children and vulnerable individuals. All applicants will be thoroughly screened through a review process including Police Record Checks with Vulnerable Sector Search and Child Abuse Registry Checks. We also are committed to providing an inclusive environment where diversity is welcomed and encouraged. If you require accommodation during any part of the recruitment or selection process, please don't hesitate to reach out. This includes providing you with alternate formats of this posting. We thank you for your interest; however, only candidates selected for an interview will be contacted.

If you are hired, prior to your start date and as a condition of your employment, you will be required to provide proof that you are fully immunized against COVID-19 or have a valid exemption.

