

Mission: With coordinated networks of volunteers and staff, enrich the well-being and quality of life for people wherever they call home.

Volunteer Position: COPE Mental Health Group Facilitator

Why should I get involved in volunteering?

- Meet new people and develop lasting relationships.
- Increase your happiness and better your well-being.
- Learn new skills and increase your self-esteem.
- Stand out on job applications and further your career.
- Help make a difference and give back to your community.

How can I help?

Reporting to COPE staff, assist COPE Mental Health clients in fulfilling their self-identified goals through the facilitation of a mental health support group.

What is expected of me?

A variety of groups are offered Monday through Friday between the hours of 9:30am and 9:00pm. Flexible shifts based on your availability with a time commitment of 1 to 3 hours per week.

A commitment of 1 year is required after orientation and training. All volunteers are required to complete a probationary period.

- Provide unbiased and observational support to COPE clients.
- Meet at scheduled times with clients (e.g. scheduled support group).
- Submit completed client notes and attendance sheets on a regular basis.
- Submit Volunteer Report Forms at month end to the COPE Program Manager (if applicable) and provide regular updates.
- Attend in-service meetings, workshops and volunteer support meetings as scheduled.
- Respect and adhere to CCD policies, including the privacy and disclosure of client information.

Find a location close to you.

Volunteer at one of our Community Hubs: Clarington, North Durham (Cannington, Port Perry and Uxbridge), Pickering/Ajax and Whitby/Oshawa.

What training will I receive?

- CCD Orientation and Training (virtual)
- Fundamentals of Mental Health (approx. 30 hours)

What are the qualifications?

- Satisfactory Police Vulnerable Sector Check.
- Sensitivity to adults with needs related to aging, physical and/or mental health.



Community Care Durham

SUPPORTING PEOPLE, STRENGTHENING COMMUNITY

- Adhere to **COVID-19** safety practices including providing proof of full vaccinations (where medically able in accordance with Immunization Policy and Government Directives).
- Must work in a safe manner and promote the health and safety of all staff, volunteers, clients and the community as outlined within CCD policies.
- Strong communication and interpersonal skills.
- Emotionally mature personality (e.g. empathetic, respectful, non-judgmental).
- Able to work independently and as part of a team.

Apply now or click **here** to see other opportunities.

We are an **Equal Opportunity Employer** committed to providing an inclusive workplace that embraces diversity, values differences and supports the full participation of all employees and volunteers. We recognize the importance of ensuring that all volunteers are treated with equal respect and dignity, and are protected from discrimination and harassment. In accordance with the **Accessibility for Ontarians with Disabilities Act, 2005** and the **Ontario Human Rights Code** we provide accommodations to applicants with disabilities throughout our on-boarding process. If you require this information in an alternate format; require communication supports; an accommodation in applying for a posting and/or if you are selected for an interview, please inform our Volunteer Coordination Team.