

**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)



**Community Care Durham**

SUPPORTING PEOPLE, STRENGTHENING COMMUNITY

### What are the qualifications?

- Satisfactory Police Vulnerable Sector Check.
- Sensitivity to adults with needs related to aging, physical and/or mental health.
- Adhere to **COVID-19** safety practices.
- 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.