



Every Step Counts, walking/running program Volunteer Opportunity

Position: Pace lead/session support

POSITION SUMMARY

Are you someone who loves being physically active and believes in community? Do you want to volunteer with a community-based mental health and addictions program? Come be a pace lead, and join us for a run/stretch/meal one afternoon per week. Volunteers are needed for our Tuesday and Thursday 2:50pm-4:30 pm group, and our Wednesday and Friday 3:20pm-5pm group.

RESPONSIBILITIES

- Arrive on time, and stay for the duration of session
- Take out a group or “pod” of walkers or runners for a 50 minute walk or run, keeping time and ensuring no one is left behind.
- Socialize with participants and help to create a welcoming, positive and supportive environment.
- Provide support to the program facilitator in helping to set out water and food, keeping focus during stretching, and with light clean up.
- Respect and uphold confidentiality of participants, other volunteers and the program.
- Thoughtful communication: lending an ear-and actively noticing any dynamics that may need follow-up.
- Help to cultivate mindfulness in the group by keeping conversation light and focused on the present.

QUALIFICATIONS

1. Experience with and/or personal understanding of the struggles and barriers faced by people with mental health and addictions challenges.
2. A positive and encouraging individual, who is mature, flexible and reliable.
3. Able to work effectively and cooperatively in a team environment.
4. Committed to social justice and building inclusive communities.
5. Compassionate, self-aware and able to receive feedback.
6. Knowledgeable about local neighbourhoods and safe routes for walking and running.
7. Able to walk, jog or run for 50 minutes.

The successful volunteer will have a strong interest in the Every Step Counts Program, a dedication to the success of participants and will be able to commit to one 1.75 hour shift per week for at least four months. Please send your resume, volunteer application, and consent to a criminal record check to: Gina Denis, Volunteer Coordinator of REES at gdenis@coolaid.org , or drop off at the Downtown Community Centre at 755 Pandora Avenue.