



## Employment Opportunity

### The YMCA of Greater Vancouver

<b>Date Posted:</b>	January 10, 2018
<b>Position Title:</b>	Youth Mindfulness Group Facilitator
<b>Location:</b>	Tong Louie Family YMCA (Surrey)
<b>Terms:</b>	Temporary, part time
<b>Hours:</b>	3.5 hrs per week during program (plus additional hours for meetings and trainings)
<b>Salary:</b>	\$28 per hour
<b>Start Date:</b>	February 8, 2018 (approx. 4 hours of training)
<b>Program Dates:</b>	Thursday evenings 4:30 - 8:00 pm from February 22 <sup>nd</sup> – December 20 <sup>th</sup> (no groups August & September)
<b>End Date:</b>	December 21, 2018 (with possibility of extension based on funding)
<b>Reports To:</b>	Program Manager, Mindfulness Programs

#### **Situation:**

The YMCA of Greater Vancouver is a charity dedicated to strengthening the foundations of community, by nurturing the potential of children, teens, adults and seniors, promoting healthy lifestyles, fostering a sense of social responsibility and delivering lasting personal & social change. We are building a community in which a generation of children and families reach their full potential. Our values guide our decision-making and behaviour—we do the right thing, put people first, keep our promises and lead by example. For over 130 years, we have been part of the community, a place where people of every age and background find the support they need to grow in spirit, mind and body. One of the Lower Mainland's leading charities, the YMCA of Greater Vancouver provides services in health & fitness, child care, camping, employment & community services to over 120,000 participants annually.

YMCA Mental Wellness Programs are a new and exciting area of work within the Community Health department. The YMCA Youth Mindfulness Group supports people 18-30 years of age who experience symptoms of mild to moderate anxiety to learn healthy coping strategies and connect with like-minded youth in a safe and encouraging group environment.

The Youth Mindfulness Group meets for 2.5 hours weekly for 7 weeks in a safe and welcoming environment. Two Youth Mindfulness Group Facilitators are responsible for the intake and assessment of 12 group participants, co-facilitation of the program, and delivery of the program. The Youth Mindfulness Group Facilitator will co-lead this psychoeducation and support group to help participants learn about their anxiety and discover helpful coping tools through creative activities and discussions grounded in mindfulness and Acceptance and Commitment Therapy (ACT).

#### **Nature and Scope:**

Reporting to the Mindfulness Manager, the Youth Mindfulness Group Facilitator will work collaboratively with other staff and participants. The Youth Mindfulness Group Facilitator is responsible for screening new participants at information sessions (two information sessions occur prior to the start of the 7 week program) and for delivering program sessions at the Tong Louie YMCA in Surrey. The Youth Mindfulness Group Facilitator is also encouraged to support program staff to identify areas of growth and development for future mental wellness programs. If program participants require additional support, the Youth Mindfulness Group Facilitator, in collaboration with other staff members, would provide appropriate community referrals.

#### **Major Responsibilities:**

- Intake and assessment of program applicants at 2 information sessions
- Co-facilitate group sessions (7 sessions per intake; 3 intakes during contract) and create a warm, welcoming, and safe group environment
- Maintain a strengths-based approach that inspires participants to engage in self-development & change

- Support applicants and participants to contact appropriate referrals to community agencies when necessary
- Conduct individual follow up meetings with participants to review pre- and post-assessments and discuss learning from program as well as next steps
- Attend post-program debrief meeting & provide feedback on the program & delivery
- Ensure the safety of all members, participants, staff, and property by following YMCA standards/policies/procedures
- Other duties as assigned

**Qualifications:**

- Master's degree in mental health field or Counselling related field
- Experience leading group counselling sessions in a combined psychoeducation & support group
- Experience facilitating coping skills workshops
- Experience working with youth (18-30 years of age) with mild to moderate anxiety and mood problems
- Experience conducting intakes and assessments
- Ability to recognize mental health signs and symptoms beyond the mild to moderate spectrum and provide referrals to appropriate medical and community agencies.
- Understanding of mindfulness and knowledge of mindfulness practices
- Experience with Acceptance and Commitment Therapy (ACT) preferred
- Mental Health First Aid Certificate an asset
- First Aid certificate required (may be obtained within 30 days of hire)
- Successful candidates will be required to provide a current and satisfactory Criminal Reference Check/Vulnerable Sector Search issued no later than six (6) months preceding your start date

**Competencies:**

In addition to bringing a commitment to YMCA vision and values, and an orientation to service, the candidate should possess the following competencies:

*Commitment to Organization and Values:* Demonstrates and promotes a personal understanding of and appreciation for mission, vision, strategic outcomes and values of the YMCA of Greater Vancouver.

*Service Orientation:* Deliberately identifies needs and wants of members/participants as priority, and creates opportunities to enhance each and every person's YMCA experience.

*Teamwork:* Ability to work effectively with others to achieve optimal collective results.

*Communication:* Ability to speak, write, listen, and secure information in a variety of settings

*Outcomes Oriented:* Ability to lead, manage, and achieve identified goals.

**Internal applicants:** Please inform your supervisor prior to application. Apply online using the link below:  
[https://workforcenow.adp.com/myportal/ess/recruitment/internalPostingPreview.faces?client=ymcagv&jobId=139535&lang=en\\_CA&source=CC2](https://workforcenow.adp.com/myportal/ess/recruitment/internalPostingPreview.faces?client=ymcagv&jobId=139535&lang=en_CA&source=CC2)

**External Applicants:** Please apply using the link below:  
[https://workforcenow.adp.com/jobs/apply/posting.html?client=ymcagv&jobId=139535&lang=en\\_CA&source=CC3](https://workforcenow.adp.com/jobs/apply/posting.html?client=ymcagv&jobId=139535&lang=en_CA&source=CC3)

**Application deadline:** 6:00pm on January 23, 2018

*Thank you for your interest and application.*

*Due to the high volume of applications received, only short-listed candidates will be contacted.*



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