

Health and Wellness Virtual Group Facilitators

General Information

Group Facilitators deliver wellness, education, support and recreational activities through our Virtual Community Centre. This allows people to connect with others, do more of what they love to do, and support their health. Group programs aim to create positive spaces for intergenerational and intercultural exchanges that reduce stigma and promote well-being.

Roles and Responsibilities

Group Facilitators host programs, welcome members, encourage dialogue, and create a warm, welcoming safe space for all group members to feel supported by the community. You will:

- Promote and advertise groups using social media and by engaging partners
- Lead approved activities according to a planned schedule, taking accountability for consistent delivery and follow through
- Assist people who may be having technical difficulties
- Help members find useful community resources
- Send reminders and check in with your group to encourage participation
- Offer information about extra support to people who appear to be struggling
- Engage group members in suggesting their own topics, skills, and experiences of interest
- Collect data on participation, and feedback from participants about their experiences
- Fluency in different languages is an asset

Skills and Experience Needed Training, on-going support and mentorship will be provided. Program Facilitation Guides and Activity Planners are available providing step-by-step guidance. You will need access to the internet and/or telephone. Comfortable using zoom and other technologies for group meetings. Comfortable facilitating groups and leading group discussions. Flexibility in adapting program activities to the interests and needs of the group.

Experience and Benefits Gained You will gain skills and experience working with small groups. You may also provide direct support and information to individuals who feel lonely, struggle with health or disabilities, need assistance with food, housing, income, and employment, or face discrimination and stigma. You will share your time and talents to give back to your community. Through being a positive role model, you help promote tolerance and inclusion across all aspects of community life. You will gain insight into how we can work together to support people in our community become more resilient.

Time Commitment: 1 to 2 hours per week or month (or more, depending on your availability). Commit to a minimum of 6 months.

Location: Virtual

If interested: Please contact Hannah Haskell at 519-728-1435 ext 218 or email h.haskell@communitysupportcentre.ca



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