



Meditation Program Leader

Why You'll Love Volunteering Here:

Volunteering at the Central Community Health Centre gives you the chance to hone your skills and meet new people in a supportive, collaborative environment where you know that your efforts are truly making a difference to people in your community.

We are a medical centre with a difference. Not only do we have medical professionals on staff who provide primary care for people within our community who do not have a family physician, we also have other health and wellness professionals who are here to help. We work together to not only look at the signs and symptoms of illness, but its root causes as well. And we help the most vulnerable in our community to access the services they need to improve their lives. We empower our clients and the community to achieve their peak health and wellbeing. What we do makes a tangible difference in the lives of our clients and in the health of the communities we serve.

We are looking for passionate, skilled and dependable individuals who want what they do to have meaning and impact. Sounds like you? We'd love to chat.

About the Role

Central Community Health Centre is currently seeking an experienced Meditation Program Leader to lead one or more 8-week sessions in mindfulness and meditation. You, as the Meditation Program Leader, will expose our most vulnerable clients to the healing qualities of this ancient practice. Many of our clients live day to day with the crippling effects of anxiety and depression. Through mindfulness and meditation, you will help them to find the power to help themselves while providing them with valuable tools they can use to maintain their health and wellbeing on a daily basis. As a Meditation Program Leader, you will have a significant positive impact on the health and wellbeing of the people that you teach.

What You'll Do

- Plan and facilitate an 8-week mindfulness and meditation program for beginners
- Monitor attendance at each session
- Conduct an evaluation of the program based on an agreed-upon evaluation process
- Complete simple paperwork

What You'll Bring and Who You Are

- Proven experience leading similar mindfulness and meditation programs
- Experience working with people living with mental illness is a definite asset

- A team player who is also comfortable working on your own
- Strong organization skills
- Friendly, caring, compassionate and patient.
- You are comfortable interacting with people from diverse backgrounds that are different from your own
- You feel comfortable meeting clients “where they are at” and use a strengths-based approach to teaching, offering modifications where needed
- Excellent communication skills including the ability to talk comfortably with people and truly listen to what they have to say
- Standard First Aid and CPR a definite asset
- Passion for the Central Community Health Centre mission and vision

At the Central Community Health Centre, we recognize that volunteers play an important part in our achieving our mission to empower clients and the community to achieve optimal health and wellbeing. We offer an inclusive and supportive environment where you can make a difference in your community while having fun. We offer learning and development opportunities to help you reach your personal and professional goals, team get together, and all the training and support you need to be successful.

For more information or to apply, contact our Volunteer Services Coordinator at 519-633-7989 x 427 or by email at cobright@centralchc.com