

Volunteer Program: Health & Wellness Practitioner

The [North Shore Women's Centre](http://www.northshorewomen.ca) works to improve the social, economic, legal and political status of women, and to encourage and support self-empowerment by acting as a resource and a catalyst for change, from feminist perspectives. The organization runs a drop-in resource centre and offers a wide range of programs and services. We provide over 8,000 service contacts per year to individuals from diverse backgrounds across the community. *Volunteer positions are open to those who identify as women or have experienced gender-based oppression.*

Program Summary

Our Health and Wellness Program provides a broad range of services, including private appointments and drop-in classes. The program operates from a holistic health perspective, meaning the care of the whole person: body, mind, and spirit.

Clients who access this program experience significant stress in their lives, often due to multiple and compounding forms of oppression and cannot afford the high costs of holistic health treatments and classes. We offer treatment sessions with a variety of holistic health care practitioners. Women who meet our low-income requirement and live on the North Shore can register for up to ten, one-hour sessions over the course of a year. All sessions are provided by licensed practitioners on a volunteer basis. You can read more about our program here: <https://www.northshorewomen.ca/health-wellness-program>.

Treatments take place during our operating hours (Monday – Thursday, 9:30 – 3:00).

Pilates classes take place every Monday from 10:30am – 11:30am

Yoga classes take place every Thursday from 10:30am – 11:30am

Duties and Responsibilities

- Provide holistic care to clients who qualify for our Health and Wellness program.
- Able to consistently 1 day of services per month which includes 2-4 appointments at the NSWC.
- Make a 6-month commitment to the program.
- Effectively and promptly communicate availability and scheduling with NSWC staff. Appointments are scheduled one-month in advance.
- Honour strict confidentiality.

Skills and Qualifications

- Are a licensed practitioner of a relevant holistic health service that can be offered in a one-on-one session on a monthly basis. Documentation may be required. *(Does not apply to yoga and Pilates instructors)*
- Experience providing holistic health services to a diverse group of people.
- Strong interpersonal skills including patient and calm demeanor, an empathetic nature, and good listening skills.
- Passion for feminism and anti-oppression work, interested in knowledge of feminism and supporting women/gender-diverse individuals.
- Complete a Criminal Record Check upon request.
- Ability to speak Farsi is an asset.

We encourage applications from Indigenous women, racialized women and women from other marginalized groups.

We thank all applicants in advance, however only those individuals selected for an interview will be contacted.