

Job Title: Caregiver Group Facilitator (Volunteer)
Department: Health Care and Social Services
Posting Expiry Date: Open until a suitable candidate is found
Types of Employment: Contract
Location: Remotely
Commitment: Minimum of 8- 10 hours per week
Job Type: Part-time, Volunteer
Salary: \$0.00
Benefits: Flexible Schedule
Reports to: General Manager/Executive Team

About Move Me Foundation:

The Move Me Foundation (MMF) is a grassroots non-profit organization dedicated to building accessible, integrated, quality services for individuals and communities to overcome mental health struggles and related issues and lead a better life. To learn more about the Move Me Foundation, please visit www.movemefoundation.ca.

We are looking for an enthusiastic and dedicated individual interested in making a difference in the lives of others. Our small and growing team consists of hardworking and dedicated professionals passionate about improving the lives of those struggling with mental health and related issues. As this is purely a volunteer position with no salary, to be a successful candidate, you should be deeply connected with our mission & values and have a strong desire to volunteer with a not-for-profit.

Job Description:

We are currently seeking two caregiver group facilitators to join our team who are experienced in facilitating group-based programs in the community and working with diverse populations. The successful candidate(s) will work under the supervision of the MMF executive team to conduct evidence-based awareness workshops on mental health, addictions, stress management, available resources in the community, healthy parenting, self care for caregivers, navigating the health care system, and other related social issues.

Tasks include, but are not limited to:

- Planning and facilitating workshops (virtually and in-person)
- Writing educational content for the website and social media platforms (blog, articles, posters, social media posts/videos)



- Working with the team to develop educational materials and resources for the clients
- Participate in monthly meetings
- Assisting MMF with fundraising events
- Making, maintaining, and submitting accurate reports and files to the supervisor

Requirements:

- A diploma or bachelor's degree in social work, counseling, or related field
- Minimum 1-2 years of experience in the field or delivering mental health workshops
- Comprehensive understanding of caregiver's related mental health and other issues
- Extensive knowledge of counseling and strategic tools
- Familiarity with the systemic issues and gaps affecting the communities
- Knowledge of working with diverse community groups
- Proven ability to work independently and in a team
- Strong problem-solving skills, time management and organizational skills
- Strong practice of professional ethics, boundaries, professionalism, and accountability
- Attention to detail and exceptional written, verbal, and telephonic communication skills
- Knowledge of graphic design using Canva
- Proficiency in MS Office
- Access to a laptop with an internet connection

Additional Assets:

- Lives in the Region of Peel (Mississauga, Brampton, Caledon)
- Prior experience or knowledge of vulnerable populations in the Peel Region
- Fluent in at least one South Asian language (Hindi, Punjabi, Urdu)

To apply for this position, please visit @ [caregiver group facilitator application form](#).

The Move Me Foundation is an equal opportunity employer and values diversity in our organization. We are committed to providing an accessible, reflective, and respectful workplace for all people. We thank all applicants for their interest, but only those selected for an interview will be contacted.

