



## YMCA Employment Opportunities

*Opportunities to learn, lead, and grow.*

# Mental Wellness Programs Facilitator

Position: Mental Wellness Programs Facilitator

Location: Merritt, BC

Compensation: \$28 per hour

Schedule: Part time, afternoons & evenings—exact schedule to be discussed during interview

Application deadline: Open until filled

Placement date: February 2024

### Job Description:

Reporting to the Manager of Mental Wellness, the Mental Wellness Programs Facilitator will work collaboratively with other staff, volunteers, and participants. The Mental Wellness Programs Facilitator is responsible for screening new participants at information sessions and for delivering a variety of mental wellness program sessions within Merritt and/or surrounding communities. Furthermore, the Mental Wellness Programs Facilitator is responsible for creating a safe and inclusive space for all within groups. The Mental Wellness Programs Facilitator is also encouraged to identify areas of growth and development for future mental wellness programs for youth and young adults.

### Major Responsibilities:

- Intake and assessment of program applicants at information sessions.
- Facilitate group sessions and create a warm, welcoming, and safe group environment.
- Prep and prepare for group sessions.
- Attend pre-program training.
- Attend post-program debrief meeting.
- Support applicants and participants to contact appropriate referrals to community agencies.
- Maintain an atmosphere of achievement that inspires self and others to succeed at the highest levels.
- Ensure the safety of all members, participants, staff, and property by following YMCA standards/policies/procedures

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## Qualifications:

- Bachelor's degree in a mental health field such as Psychology, Counselling, Social Work required.
- Master's degree in mental health or Counselling related field or equivalent combination of experience and education an asset.
- Familiarity with the Acceptance & Commitment Therapy (ACT) is an asset.
- Experience conducting intakes and assessments.
- Experience leading group Mindfulness Practices is an asset.
- Mental Health First Aid Certificate an asset.
- Demonstrated ability to make sound judgments and decisions; effective prioritizing and problem-solving skills.
- Exceptional interpersonal, communication and conflict resolution skills.
- High degree of independence and initiative within a team environment.
- First Aid/CPR-C certificate required.

## Competencies:

- Commitment to YMCA Mission, Vision and Values
- Service Attitude
- Relationship Building
- Welcoming
- Quality Focus
- Adherence to the YMCA Child Protection Policies and Procedures

**Application Deadline:  
Open Until Filled**

## Application Process:

Resumes can be submitted in person or by email to:

Please apply in writing, with cover letter and resume to:

Jenna Nickle - Manager of Mental Wellness

E-mail: [jenna.nickle@bc.ymca.ca](mailto:jenna.nickle@bc.ymca.ca)

Application Deadline: Open until filled

Please include a cover letter, resume, 3 professional references and a photocopy of current first aid and any applicable certificates.

*A criminal reference check must be submitted for review prior to starting employment.*

**KamloopsY.ca**

*Building healthy communities*

400 Battle Street, Kamloops BC

150 Wood Street, Kamloops BC