



VOLUNTEERS WANTED FOR MY CIRCLE – BUILDING COMMUNITY THROUGH PARTNERSHIP

The Canadian Mental Health Association is a non-profit organization that promotes the mental health of all and supports the resilience and recovery of people experiencing mental illness. The CMHA accomplishes this mission through advocacy, education, research and service.

We are currently recruiting dedicated volunteers for our My Circle program. This program connects three volunteers with a community member needing support. This circle aims to provide emotional, social and practical support for those in our community who are experiencing mental health issues and/or substance misuse. By being a member of My Circle, volunteers will gain experience with interacting with people with mental health issues and addictions, receive training and education about major mental illnesses and the issues that surround persons with mental health issues, and help in reducing the stigma surrounding mental illnesses. Volunteers will also provide invaluable support and some structure to clients who are often isolated in the community.

Qualifications

- 19 years of age or over
- Ability to maintain a consistent, goal-directed, and supportive relationship with an individual who has experienced a mental illness and/or addictions
- Ability to be flexible, and to cope with occasional mood changes, social anxiety and withdrawn behaviour.
- Ability to assert self, communicate, and provide direction as needed without judgment or expectations.
- Ability to be patient and to respect the rights of the clients, including confidentiality.
- Complete the orientation and training sessions prior to beginning the partnership.

We are looking for Volunteers who are:

- Self-assured, patient, understanding, tolerant and sensitive to the needs of others
- Excellent communication skills; ability to demonstrate reflective, empathic listening and open-ended questioning.
- An openness to building self-awareness, understanding personal triggers and bias, and receiving feedback.
- A desire to make a positive difference in the lives of community members.

Commitment

- Must be willing to attend an initial four week training program*
- 1 day a week for 1-3 hours over the period of 6 months
- 1 meeting bi-monthly with the Circle
- Must be willing to complete a police criminal record check.
- Must be able to provide your own transportation for program activities.

To schedule an interview, please contact Justine Thompson by August 30th 2010
Thanks for your interest!

* Please note that the upcoming training program for My Circle will take place in North Vancouver on the evenings of September 13, 20, 27 & October 4th
