



**TITLE: WELLNESS PROGRAM HELPER - Exeter Regional Site**

**Program:** Exeter Regional Office

**Position Location (full address):** 149B Thames Rd. West, Exeter Ontario

**Time Commitment:** One shift per week, 3-4 hours

**Role Description and Primary Responsibilities:**

Volunteers assist us throughout our program and service areas at our Exeter Regional Office (Monday to Friday between 8:30 am – 4:00 pm). In this role, you may serve people directly. Some examples of how volunteers serve in this role may include:

- Playing games with participants
- One on one social interaction with participants
- Sorting and organizing donations
- Stocking shelves
- Help with clean up in various areas/programs
- Garden maintenance
- Garbage inside and outside

**Required Qualifications:**

- Current & Clear Vulnerable Person's Sector Check.
- Minimum of 18yrs of age
- 2 written references with contact (1 professional)
- Minimum commitment of 6 months

**Experience & Qualifications:**

- Basic Health and Safety training
- Excellent customer service skills and a pleasant demeanor
- Strong, demonstrated ability to organize space and inventory, and mobilize others
- Reliability and punctuality
- Harm reduction training
- Ability to handle stress and conflict in a calm manner
- Current WHMIS training which will be offered at the commencement of the position, as well as ongoing trainings which will be offered

**Physical and Mental Requirements:**

- Must be able to stand for a few hours at a time.
- Must be able to lift up to 20 lbs
- Must be able to climb stairs

**Detailed Summary of Position:**

At the Exeter Regional Office, we rely on the efforts of volunteers to help us receive, organize and efficiently distribute various donations that are received. Our volunteers help us to create an atmosphere that fosters support and encouragement.

We place tremendous value on the contributions of our volunteers to help us support the people who arrive through our doors seeking services and support each year. Volunteers with our team play a role in improving the quality of life for people who are undermined by homelessness, poverty, mental health, addictions and other complex health issues.

We are proud to include our volunteers as part of our innovative, client- and recovery-focused team.

Volunteering at our Exeter Regional Office provides an opportunity for volunteers to gain knowledge about addictions & mental health, to learn of the various services and supports available within the community, and to meet new people.

**Reporting Relationship:**

The Friendly Caller Volunteer will receive supervision, direction and support from the Regional Manager.

**Additional Information:**

All those interested in applying for a volunteer role with our agency are required to submit the online application form with resume and references attached.

All those that meet the requirements will be contacted for an interview.

**CLICK HERE TO APPLY NOW: [Volunteer Application Form \(smartsheet.com\)](https://smartsheet.com)**