



CALGARY IMMIGRANT WOMEN'S ASSOCIATION

VOLUNTEER POSITION DESCRIPTION

TITLE: Grandma's Kitchen - Group Support
DEPARTMENT: Wellbeing and Resiliency Department
REPORTS TO: One-on One Counselling for Immigrant Women Program

Volunteers will gain a great sense of satisfaction from meaningful connections with seniors knowing they have helped them grow and flourish. Volunteers will support staff to help foster an atmosphere that provides mentoring and connections to newcomers by sharing their lived experiences.

SUMMARY OF POSITION

This program assists isolated senior immigrant women to enhance their ability to effectively communicate and contribute their skills in their respective communities. The group focuses on self esteem, healthy living, living and adapting to life in Canada. Through this group, senior immigrant women are able to make new friends, study English, learn multicultural recipes and share ideas and concerns. Volunteers will provide group support by assisting staff with various program related activities such as; group discussions, games, arts/crafts, field trips, health clinics, exercise, mindfulness, and more.

DUTIES AND RESPONSIBILITIES

- Help set-up and clean-up the space
- Assist participants to sign-in
- Assist with the group activities
- Encourage and engage clients with group participation

STANDARDS OF PERFORMANCE

- Demonstrate a high level of initiative and enthusiasm
- Maintain confidentiality at all times
- Must be reliable, timely, and committed to the role
- Support staff and clients in a friendly and engaging manner

QUALIFICATIONS

- Active, friendly, patient, engaged, flexible, and enthusiastic
- Cultural awareness and sensitivity towards immigrant women
- Enjoy working with immigrant seniors
- Fluent in English speaking and excellent communication skills (Benchmark 6 or higher)
- Secondary language(s) is an asset

If interested please contact
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