



HALDIMAND & NORFOLK WOMEN'S SERVICES
VOLUNTEER JOB DESCRIPTION
WELLNESS AMBASSADOR

RESPONSIBLE TO: Community Engagement Coordinator

SUMMARY OF POSITION: Wellness Ambassadors support the emotional and physical wellbeing of residents and staff through wellness initiatives, activities, and compassionate presence.

RESPONSIBILITIES:

- Planning and facilitating wellness-based group activities with clients and/or staff
- Developing wellness directed resources
- Providing ongoing professional services as an in-kind donation, such as:
 - RMT Services
 - Yoga
 - Self-care/salon services
 - Self-defence
 - Meditation

QUALIFICATIONS:

- 16 years of age (minimum)
- Ability to maintain confidentiality
- Appropriate and valid certification(s) dependent on professional service
- Willingness to learn the effects of abuse on the lives of women and children
- Ability to work with/without supervision
- Ability to work in a non-discriminatory environment

BENEFITS:

- The satisfaction of knowing you are doing important work
- Training and experience that can be included on a resume
- An understanding of gender-based violence from a feminist perspective
- Contributing to the overall wellness of staff and clients



**HALDIMAND & NORFOLK WOMEN'S SERVICES
VOLUNTEER JOB DESCRIPTION
WELLNESS AMBASSADOR**

TIME COMMITMENT:

- One year commitment
- Flexibility in hours and monthly time commitment

WORKSITE:

Haldimand & Norfolk Women's Services

NOTE:

If interested, please fill out the application form on the HNWS website:

www.hnws.on.ca/volunteer/

FOR FURTHER INFORMATION CONTACT:

Sydney van den Hoek, Community Engagement Coordinator

Email: sydney@hnws.on.ca **Phone:** (519) 805 - 8188 ext. 209