

# Job Opportunity



## Why the Y?

The YMCA of Southwestern Ontario is committed to the development of healthy communities. Our locations, programs and services are designed to help our members and participants grow in spirit, mind and body and are open to people of all backgrounds, beliefs, and abilities.

## At the YMCA

you will feel connected to community, when your work positively influences the lives of others in so many ways.

- you will meet new people, while working at one of the most respected human services organizations in the world
- you will expand your knowledge base, where you can flourish in values-based environment.
- you will have career development opportunities where you build a better future for yourself and others.
- you will experience a rewarding job by helping support the building of healthy communities.

The YMCA of Southwestern Ontario is a multi service, non-profit values-based charity that serves Windsor-Essex, Sarnia-Lambton, Chatham-Kent, London, Middlesex-Elgin, Huron-Perth, and Oxford counties. Our services include: Childcare Services, school age programs, camp programs, health and fitness branches, community programs and newcomer services across the region. Our commitment includes a special focus on the region's children and youth. From the kids in our camps and those participating in soccer and swimming lessons, to youth who are new to our communities from around the world, the Y is committed to helping our next generation to grow and thrive, as healthy individuals and passionate future leaders.

Y not join the thousands of members, employees and volunteers and share our vision of a healthy community?

**As we continue to grow, we have a need for the following position:**

**Position/Term: Manager, Mental Wellness Programs/Full-Time Contract**

**Location:** YMCA Learning and Career Centre  
660 Oakdale Ave., Sarnia, ON  
N7V 2A9

**Start Date:** Immediately  
**End Date:** March 31, 2024

## Qualifications & Experience:

- Master's degree in a mental health related field (or similar)
- Two years management experience
- Two years-experience working with teens and young adults experiencing mild-moderate anxiety and depression
- Program implementation and development experience

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- Demonstrated experience building and maintaining community partnerships and relationships
- Experience developing and facilitating psychoeducational workshops
- Excellent understanding of both Acceptance & Commitment Therapy and mindfulness
- Exceptional interpersonal, communication, and conflict resolution skills
- High degree of independence and initiative within a team environment

## Compensation/Benefits:

- A YMCA personal membership at our health and fitness branches
- A discount on our Childcare and Camp programs
- Vacation entitlement in accordance with the employment standards regulations
- Up to \$70,000 annually depending on experience

## Schedule:

- **40 hours per week some evening and weekend shifts will be required to monitor program delivery and assist with facilitation as needed.**

## Responsibilities:

- Overseeing mental wellness programming
- Relationship development with community organization and stakeholders in order to facilitate the growth and reach of mental wellness programming
- Provides guidance and leadership to mental wellness team and community partnerships, including clinical support, fidelity to mental wellness programs, marketing, recruitment, delivery, and evaluation of program.
- Identifies new partnership opportunities for delivering mental wellness programs
- Provide technical skills and support to YGV mental wellness programs operations
- Contributes to program planning and assisting with the development and implementation of program plans and materials, ensuring compliance with association/legislative requirements
- Support with preparation of mental wellness budgets and ensures program is delivered within budget

## To Apply:

1. In your cover letter, specifically state the position you are applying for and location. Please include specific information detailing how you meet the qualifications we require for this position.
2. Submit your cover letter, resume, and applicable attachments by email only to Roxanne Gilroy-Machado Manager of Language Skills and Settlement [roxanne.gilroymachado@sw.ymca.ca](mailto:roxanne.gilroymachado@sw.ymca.ca) by January 27<sup>th</sup>, 2022.

We thank all applicants for their interest; however only those selected for an interview will be contacted.

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The YMCA of Southwestern Ontario is committed to providing a barrier-free environment for all stakeholders including our members/participants, employees, job applicants, suppliers, and any visitors who may enter our premises, access our information, or use our services. As an organization, we respect and uphold the requirements set forth under the Accessibility for Ontarians with Disabilities Act (2005), and its associated standards and regulations.

Want to know more about us, visit us at: <https://www.ymcaswo.ca/> <https://www.facebook.com/YMCAofSWO/>