



## **Community Wellness Coordinator Social & Wellness Permanent | Full-Time**

### **What we do and why we do it:**

Located within The Alex Community Health Centre, the Social & Wellness Team offers social programming based on the principles of inclusivity, dignity, advocacy, and empowerment. We take a trauma-informed approach to creating safe spaces and providing opportunities for people living on low incomes to access healthy food, learn new skills, make new friends, and increase their agency and resiliency.

The Community Wellness Initiative model shifts away from the primacy of medical services, characteristic of most clinic settings, and situates medical services among a broader continuum of social, wellness, and health services. The Alex intends to demonstrate the improved health outcomes and cost-savings associated with a model that more fully integrates medical and social/wellness programming.

The Community Wellness Coordinator will develop, coordinate, and facilitate programming as part of a research demonstration project at the Alex Community Health Centre. The ideal candidate is passionate about health promotion, social justice, and food security; and wants to contribute to ensuring that The Alex promotes health and wellness beyond just the prevention of disease. They will possess strong skills in data collection & management, facilitation, and communication; along with experience bringing people together to increase social inclusion. This is a full-time, permanent position reporting to the Social & Wellness Team Lead.

### **The scope of work and responsibilities include, but are not limited to the following:**

#### **What you will do:**

- Coordinate and support “wellness programming,” defined as evidence-based interventions and supports outside of the traditional disease management model that improve mental health, physical health, and ability to function in the community
- Wellness programs in the demonstration project include physical activity, mental health groups, substance abuse groups, food skills and nutrition, living skills, social skills, and social support
- Support program recruitment and registration
- Interview, screen and supervise assigned placement students
- Support and oversee rigorous data collection from participants, upholding privacy standards
- Cultivate communication, leadership, and connection among program participants and volunteers
- Role model professional behavior and positive communication with participants, volunteers, and community partners
- Facilitate groups, building a safe and inclusive space for participants
- Create and update community resources and programs such as handouts and manuals
- Attend staff meetings, trainings, and agency functions as appropriate
- Promote culture of health and safety within our space
- Represent The Alex positively in the community
- Other duties as required

**What you bring:**

- Bachelor's Degree (or Diploma) in a related field of study (social work, community development, recreation, health education, wellness management) is an asset
- Minimum three years of experience with program development, group facilitation, community outreach
- Demonstrated experience working with marginalized people and people of diverse cultures and abilities in a community-based setting
- A good understanding of Indigenous issues including strong cultural knowledge and ceremonial experience
- Proficiency in an Indigenous language is considered a strong asset
- The ability to collaborate and network within the urban Indigenous community including working effectively with Elders and following traditional protocols is an asset
- Experience working with vulnerable clients
- Experience working with volunteers is an asset
- Supervisory skills and experience are an asset
- Demonstrated ability to move people from knowledge to action; ability to inspire, teach and empower community members to engage in positive change
- Excellent group facilitation, interpersonal, communication and conflict resolution skills
- Familiarity with and commitment to data collection and oversight
- Training in any of the following is considered an asset: Applied Suicide Intervention Training, Mental Health First Aid, Nonviolent Crisis Intervention, and Motivational Interviewing
- Standard First Aid – Level C CPR & AED within 30 days of hire date, certification must be valid for a minimum of 6 months upon hire
- A satisfactory vulnerable sector criminal record clearance and a child welfare intervention check are required
- Knowledge of the United Nations Declaration on the Rights of Indigenous People (UNDRIP) and the Truth and Reconciliation Commissions (TRC) 94 Calls to Action is an asset

**Working Environment:**

- Main Alex Building (2840 2<sup>nd</sup> Ave SE)
- 1 FTE (37.5 hours/week)
- Flexible hours which will include weekdays, evenings, and weekends
- Continuous extended periods of sitting, standing, and walking
- Frequent climbing/carrying objects up or down stairwells
- Occasional driving as part of work duties
- Occasional physical action which requires the ability to bend/crouch, reach above shoulder height, kneel/crawl, and carry objects (up to and over 20lbs.) throughout shift. This includes lifting or transferring clients who require assistance supporting themselves.

**Driving on behalf of The Alex:**

This position is required to use your own vehicle for work-related use or drive Alex vehicles for work purposes. Where required, candidates must show proof of a class 5 non-GDL driver's license, a personal vehicle, a clean 5-year drivers abstract, and \$2 million liability insurance to meet our insurance providers requirements.



As a condition of employment, The Alex requires the successful candidate to be fully vaccinated against COVID-19. Where the candidate has not obtained the vaccine, the candidate will be considered on an exceptional, and case by case basis; The Alex will adhere with its obligations under the Alberta Human Rights Act.

**How to apply:**

If you are as passionate as we are about making a difference in people's lives, please visit our career centre: [Join Us - The Alex](#).

*This position will remain open until a suitable candidate is found. We thank all applicants for their interest; however only those selected for an interview will be contacted.*

*For further information about The Alex and its programs, we encourage you to visit our website at [www.thealex.ca](http://www.thealex.ca)*