



Part-time Wellness Coach - Permanent Supportive Housing

Are you passionate about social change, teamwork and innovation? Do you identify as a wellness pioneer that seeks to empower individuals? Do you draw inspiration from your own lived experiences and recovery journey when forming meaningful relationships in your everyday work? e4c is excited to be opening a new permanent supportive housing residence to provide housing for people who, due to histories of trauma and related mental illness and addictions, need enhanced levels of housing support.

The Part-time Wellness Coach is empathetic, caring, engaged and capitalizes on opportunities to model wellness programming and initiatives with residents using a holistic approach that incorporates aspects of emotional, spiritual, mental, and physical wellness. You will create a safe, free of judgement, fun and engaging community within the home to support residents to achieve their own identified wellness goals.

e4c permanent supportive housing operates on the cycle of the day, drawing inspiration from the recovery motto of “one day at a time”. The model provides wrap around team staffing that includes clinical supports with a community-based approach, focused on reciprocity, relationship, and wellness. The Part-time Wellness Coach works during the day and evening to support the residents and build their capacity.

Hours: Part-time: Saturday and Sunday: 4:00pm to 12:00am

Why Join Our Team

- Part-time position includes: a robust employee assistance program and other work related benefits.
- In-house collaborative training opportunities to build knowledge, skills and tools relevant to your role and duties.
- Be supervised and mentored through observation, formal and informal coaching session and overall recognition of successes in support of your professional capacity.
- Connect with a variety of stakeholders – team members, residents, general public and community members to build and model positive neighbor relations.

In Your Role You Will

- Coach and model wellness and self-care practices within the home and with residents.
- Implement and coordinate resident recreational activities that align with personal wellness plans in collaboration with the Wellness Manager.
- Foster a fun, engaging and community environment within the house to explore wellness with residents.
- Communicate and receive information from integrated staff team regarding progress of the residents, significant changes in behavior, and any concerns/challenges that the resident is experiencing.
- Promote conflict resolution, positive communication, empathy and respect (through positive reinforcement, role modeling and supportive listening).
- Work within a framework of natural law/natural consequences and relationship-based practice to implement relevant accountability processes.
- Utilize self and own personal wellness as a tool to build authentic relationships with residents.
- Engage residents with meal preparation and clean-up.
- Administer medication for all residents.
- Clean and maintain household to ensure compliance with all legislation, bylaws and standards (health, safety, fire, city and accreditation).
- Develop and maintain positive relationships with community stakeholders and act as a point of contact for the community.



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Education and Certifications

- Degree or diploma in the area of human services, education and/or administration.
- Police Information Check with Vulnerable Sector.
- Child Intervention Record Check.
- Required (or willingness to obtain): First Aid and CPR, Medication Administration, Suicide Intervention, Food Safety Training
- Valid Class 5 Driver's License, Proof of Vehicle Registration and Vehicle Insurance (with 2 million dollar liability coverage), 3 Year Driver's abstract and access to a reliable vehicle.
- Recommended: Mental Health First Aid, De-escalation Certificate, Harm Reduction Training and Cultural Awareness, Motivational Interviewing.

Experience

- 1+ year of related direct service work experience working with diverse communities with varying and complex priorities and needs.
- Working knowledge and experience with harm reduction, person-centered, trauma-informed, behavior modification, natural law, strength based, collaborative, and/or solution focused practice.
- Personal lived experience of addictions, mental illness, racism, discrimination, poverty is an asset.
- Proven ability to foster a team environment.
- Experience working in collaborative partnerships.

Apply

Please submit your Cover Letter and Resume outlining your interest and experience:

- Email: hr@e4calberta.org
- Website: www.e4calberta.org

At e4c diversity is our strength. We embrace diversity and offer equal opportunities to all qualified applicants. We welcome your application regardless of origin, culture, ethnicity, age, ability, gender identity or faith.

Thank you to all those apply and those who are short-listed will be contacted.