



**truenorth**

a safe place for those impacted by abuse

## **Temporary Part-time Yoga Facilitator**

### **True North - Strathmore, Alberta**

Established in 1993 and located 35 minutes east of Calgary in Strathmore, Alberta, True North is a registered non-profit organization that provides ongoing support and services to women, men and children who are affected by family violence. We are committed to a vision of a future where our community is free of violence and our citizens are empowered to resolve conflict in peaceful and productive ways.

Our success is achieved by offering a slate of programming that is diverse and reflective of the needs of the families and community we serve. This includes an emergency shelter program that temporarily houses up to 25 individuals and/or families, as well as outreach, early intervention and public education programming that serves the community at large. We also provide 'wrap around' services such as family violence prevention services in partnership with the RCMP and Alberta Justice. We are considered a valuable service provider in the community and are a member of the Alberta Council of Women's Shelters (ACWS).

This is an opportunity, where True North is seeking a **Temporary Part-time Yoga Facilitator** with skills in supportive counselling, yoga facilitation, mindfulness, understanding of trauma and the impacts and holistic healing practices. This position reports to the Team Lead and/or Program Manager.

### **The Role**

20 hours per week, with opportunity for daytime, evening, and weekend hours. The Yoga Facilitator must have flexibility in their schedule to accommodate the needs of the clients that they work with. This is a temporary role that is available until March 31, 2024.

**INTERNAL DEVELOPMENT** - A Yoga Facilitator role has several key responsibilities that they need to execute on a daily basis. The Yoga Facilitator must provide yoga and mindfulness sessions, both individually and in a group setting to the Emergency shelter program and Outreach programs of True North. The purpose of these sessions is to teach grounding and mindfulness to individuals to support them in healing and coping with the trauma that they have experienced. In addition to this, the Yoga Facilitator also supports the Life skills worker in creating engaging, interactive lessons that will teach the abilities that are needed to succeed in society, such as basic money management, grocery shopping and food preparation by facilitating the Community Lunch group program on a bi-weekly basis.

**EXTERNAL DEVELOPMENT** - Must possess an awareness of community resources and represent the society during case conferences, community partner meetings, presentations and interagency meetings.

## **True North**

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**www.truenorthab.com**



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**The successful candidate will possess the following qualifications:**

- Minimum High School Diploma,
- Certificate in Yoga Teacher training or equivalent,
- Current CPR/ First Aid certificates,
- Recent Criminal Record and Child Intervention Checks,
- Strong interpersonal skills combined with excellent organizational, problem-solving and communication skills are critical,
- High standards of professional integrity and proficiency.

**Why True North?**

In joining the True North team you will become a part of a dedicated and passionate group of professionals who value healthy workplace culture and wellness. Our team is dedicated to helping all people impacted by abuse through a client centered, strengths-based approach.

True North offers a comprehensive health benefits package and 96 hours of wellness/personal time annually to all full-time team members, as well as 3 weeks vacation following the first year of employment.

True North is committed to building a team that represents the community and clients that it serves. We value and embrace diversity and special consideration will be made in recruitment and selection of new employees who contribute to a culture of inclusion and equal opportunity.

**To Apply:**

This position will remain open until a suitable candidate is found. Please submit a cover letter and resume to [jobs@truenorthab.com](mailto:jobs@truenorthab.com). Only those selected for an interview will be contacted. Thank you for your interest in the position.

## True North

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