



## Community Peer Leaders (paid)

We are looking for committed, passionate, leaders, who can engage newcomer communities in meaningful conversations about wellness, specifically mental health in their own neighbourhood.

### About Us

Afghan Women's Organization is a settlement agency providing a wide range of services to immigrants and refugees regardless of race, religion or status. Our **mission** is to improve newcomers' quality of life and to promote their social and economic inclusion in order to enable them to become contributing members of society and to live in dignity.

### Project Summary

Wellness Café is an awareness raising and education project (funded by Ontario Trillium Foundation) that is culturally competent and linguistically appropriate. We are supporting newcomer women, youth and community members to increase awareness about mental health issues, decrease stigma towards mental illness and increase help-seeking behaviour among newcomer communities.

### Key Responsibilities

- Create and facilitate Wellness Cafes (based on peer support model).
- Provide emotional and social support to peers who share a common experience.
- Conduct outreach to recruit participants.
- Attend training sessions and regular peer leaders' meetings at the AWO' office at Don Mills and Eglinton.

### Key Qualifications:

- Understanding of the challenges newcomer/diaspora communities face regarding mental illnesses and stigma attached to it.
- Some experience engaging newcomer communities as a resident, volunteer or employee.
- Some experience in facilitation and outreach.
- Fluent in a language other than English. Arabic, Dari, Farsi and Pashtu are preferred.
- Intermediate level of English.
- Passionate about and committed to making changes in their community.
- Able to work flexible hours (30-40 hrs./month).

Youth and seniors are encouraged to apply. If you are interested in this opportunity, please send your resume and a short cover letter by April 28<sup>th</sup> at 5:00 pm to Sogol Zand

[szand@afghanwomen.org](mailto:szand@afghanwomen.org)