



Cooking Group Facilitator
Caroline Apartments
(249 Caroline St S., Hamilton)

Our Mission: Indwell is a Christian charity that creates affordable housing communities that support people seeking health, wellness and belonging.

Job Summary: Volunteers will build meaningful relationships with tenants and residents through social programming and offer emotional and practical support to residents of Indwell's supported affordable housing programs.

Key Responsibilities may include:

- Knowledge of cooking/baking
- Ability to teach others to create healthy meals
- Ability to create healthy meals on a budget

Time Commitment: Monthly, 2-3 hours for 6+ months

Qualifications: Warm, pleasant and caring approach with problem-solving ability and dependability. Able to maintain good interpersonal relationships and have a genuine interest in supporting people living with mental illness.

Support: Orientation and training for this position will be provided. In addition, program staff will be available for questions and assistance.

Age Requirement: Adult

Other Requirements:

- Knowledge of mental illness
- Compassionate
- Ability to work within the 2SLGBTQ+ and BIPOC communities
- Excellent interpersonal skills
- An empathetic and non-judgmental approach
- A willingness to work within professional boundaries
- Ability to maintain confidentiality
- Ability to work well independently and as part of a team
- Police clearance (vulnerable sector check) with results acceptable to Indwell
- Own transportation
- Agreement with Indwell's Code of Conduct and other policies and procedures
- References acceptable to Indwell