



## Stella's Place Volunteer Opportunity

### Young Adult Council Member

Posting Date: January 15th, 2019  
Application Close date: February 1st, 2019

Stella's Place is the place for young adults (age 16-29) with mental health needs in the Greater Toronto Area. We provide free, comprehensive mental health services in a positive, peer engaging, non-residential community setting. These include clinical treatment services, group therapies, peer support and navigation, creative arts, fitness and wellness, as well as our online peer support app, Bean Bag Chat.

#### Summary:

Stella's Place is looking for young adults (16 to 29 years old) with lived experience of mental health challenges and/or substance misuse who are personally invested in making Stella's Place even more awesome to join the Young Adult Council (YAC).

This is a one-year volunteer role (March 2019- February 2020)

#### Council Member Responsibilities:

- Meet regularly as a Council providing feedback and safely/bravely communicate to the best of one's abilities
- Act as an ambassador for Stella's Place- representing Stella's Place at community & donor events/meetings
- Ensure that the mission and vision of Stella's Place are carried out with, for and by young adults
- Plan and implement Stella's Place community events
- Receive and respond to outcome evaluation feedback
- Contribute to advocacy initiatives for young adult mental health
- Ensure Stella's Place is a welcoming and diverse space focusing on resources supporting young people on their mental health journeys.



The Council consists of 12 members. Members will:

- Have direct lived experience of mental health challenges and/or substance misuse
- Be between the ages of 16 – 29
- Not be currently receiving enrolled services of Stella's Place such as, counselling, 1:1 peer support, navigator, psychiatry or a registered group (i.e., WRAP, DBT, Weathering the Storms, Skills for Safer Living, People are Scary)
- Not be a current staff person of Stella's Place

The Stella's Place Young Adult Council (YAC) membership aims to include diverse representation with respect to age, neighbourhood, cultural background, socio-economic status, and gender identity.

The expected time commitment of your involvement in the YAC will be a 3 hour meeting one weekend per month, as well as up to 3 hours between meetings with the opportunity for more (it's your choice!).

The first meeting will be held on March 10 from 11 AM to 2PM.

Please complete this [application form](#) to tell us more about yourself. All applications will be due on February 1st, 2018 and we look to finalize recruitment in late February.

Thanks for your interest. This will be an amazing opportunity for young adults and for Stella's Place.

#### DIVERSITY, EQUITY, AND ACCOMMODATION

Stella's Place is committed to having a workforce that is reflective of the diversity of the broader Toronto community in general and of our participants. We strongly encourage applications from: racialized persons, indigenous persons, persons with disabilities, persons of minority sexual orientation or gender identity, and all those who can provide different perspectives and contribute to the diverse Stella's Place community.

Stella's Place is committed to hiring practices that are inclusive and barrier free. Stella's Place will provide reasonable and appropriate accommodation during all stages of the hiring process in accordance with the Ontario Human Rights Code in order to ensure the equal and fair assessment of all job applicants. Applicants are asked to make any accommodation request in advance.