YMCA-YWCA
Vancouver Island

Program Facilitators – Y Mind

Location: Victoria (Downtown area locations) and Langford (Westhills YMCA-YWCA)
Vacancies: 1
Position: Casual (Temporary)
Wage Rate: $32.00 per hour
Hours: 3 and/or 4 hours per week (Tuesday and/or Wednesday evenings September to March), plus training hours (approx. 15 hours total), 2 planning sessions and staff meetings.
Start Date (Training and Orientation): January 5, 2027
End Date: March 31, 2027.

Situation:
The YMCA mental wellness programs help young people experiencing symptoms of mild to moderate anxiety to learn healthy coping strategies and connect with like-minded individuals in a safe and encouraging group environment.

The Y Mind Youth Group (aged 18-30) meets for 2.5 hours weekly for 7 weeks. Y Mind Teen Group (aged 13-18) meets for 1.5 hours for 7 weeks. Y Mind is a psychoeducation and support program made possible through Provincial funding and uses ACT (Acceptance and Commitment Therapy), Self-compassion, and Mindfulness to support participants in navigating their relationship to anxiety and stress. Two Program Facilitators are responsible for the intake and assessment of 12 group participants per program cycle and co-facilitation of the program. The Program Facilitators will co-lead this program and engage participants in learning about their anxiety and discovering helpful coping tools through experiential activities and discussions.

Nature and Scope:
Reporting to the Mental Wellness Program Manager, the Program Facilitators will work collaboratively with other staff, volunteers, and participants. The Program Facilitators are responsible for screening new participants at information sessions and for delivering program sessions. If program participants require additional support, the Program Facilitators would find appropriate referrals in collaboration with other staff members. This casual position is entitled to an individual YMCA-YWCA facility pass.
We are offering in person cycles of the program – depending on the level of need, we may do an online delivery in the winter. The successful candidate(s) will be expected to deliver in both or either format.
Be able to work at either Westhills Y location or downtown Victoria area locations.

Responsibilities:
- Intake and assessment of program applicants at information sessions
- Facilitate 7 group sessions per cycle and create a warm, welcoming and safe group environment
- Attend planning, mid- and post- program debrief meetings
- Support applicants and participants to contact appropriate referrals to community agencies
- Maintain a strengths-based approach that inspires participants to engage in self-development & change

- Deliver a fully developed, evidence-based curriculum that utilizes ACT, Mindfulness and Self-compassion
- Ensure the safety of all members, participants, staff, and property by following YMCA-YWCA standards/policies/procedures

Qualifications:

- Master's degree in mental health, counselling, or clinical social work; or equivalent combination of experience and education
- Experience working with young adults (13-30 years of age) experiencing mild to moderate anxiety and mood problems
- Experience with group facilitation and teaching using a variety of strategies
- Experience conducting intakes and assessments
- Ability to recognize mental health signs and symptoms beyond the mild to moderate spectrum and provide referrals to appropriate medical and community agencies.
- Experience developing and facilitating stress management and coping skills workshops
- Experience using ACT and mindfulness-based practices and supports with clients is considered an asset
- Demonstrated ability to make sound judgments and decisions, effective prioritizing and problem-solving skills
- Exceptional interpersonal, communication and conflict resolution skills
- Computer proficient – Microsoft Office and online learning platforms i.e. Zoom, Google Drive
- High degree of independence and initiative within a team environment
- Current Standard First Aid and CPR C required
- A clear Police/RCMP Criminal Record Check with Vulnerable Sector Screening is required

Competencies:

- **Commitment to Organization and Values:** Demonstrates and promotes a personal understanding of and appreciation for mission, vision, and values of the YMCA-YWCA of Vancouver Island.
- **Service Orientation:** Deliberately identifies needs and wants of members/participants as priority and creates opportunities to enhance each and every person's YMCA-YWCA experience.
- **Teamwork:** Ability to work effectively with others to achieve optimal collective results.
- **Communication:** Ability to speak, write, listen, and secure information in a variety of settings
- **Outcomes Oriented:** Ability to lead, manage, and achieve identified goals.

To apply, please visit our Jobs Page using the link below to submit your application online.

Jobs at the Vancouver Island Y

Please note that applications submitted by email are no longer accepted

1. ***Application Deadline: November 16th, 2026.***
2. ***We thank all applicants, but only short-listed candidates will be contacted.***

The YMCA-YWCA of Vancouver Island is an equal opportunity employer.