



Strong Minds Strong Kids, Psychology Canada Stress Busters Program Lead

About Strong Minds Strong Kids, Psychology Canada:

Strong Minds Strong Kids, Psychology Canada (SMSKPC) is a national registered charity dedicated to nurturing resilience in kids with the use of psychological science so they can manage, learn, and grow from the many challenges in life. We help infants, children, and youth build a solid foundation of mental health before problems or issues may begin.

We are a small organization with big impact. Our team is committed to ensuring youth and their families have the tools to build their resilience through our critical psychology-based programs and resources. With a full-time team of six, we impact annually close to 250,000 Canadian children. With leadership from our volunteer Board of Trustees comprised of the best in clinical psychology, academia, marketing and communications, and business, we have built Canada's most networked mental health and resilience-based organization offering primary prevention programs for close to 50 years.

Responding to the needs of our community, we have expanded our focus to include delivery of our programs directly to children and youth. Almost 1000 have graduated from the *Stress Busters Program*. This program provides kids with the opportunity to put their learnings of our Kids Have Stress Too! tools and strategies into practice in a fun and engaging way. We are looking for an energetic and creative individual who will help implement and grow our program efforts, enabling us to provide greater access to our programs and resources.

Mission

We nurture resilience in children and youth.

Our commitment to inclusion and diversity:

SMSKPC is committed to creating a diverse environment within staff, Board, committees, and volunteers. All qualified applicants will receive consideration for employment without regard to race, color, religion, gender, gender identity or expression, sexual orientation, national origin, genetics, disability, or age. We pride ourselves in ensuring that every child in Canada can thrive, and respect and recognize the developmental and cultural needs of Canadian children and youth and how that plays a role in their mental well-being. Our goal of promoting diversity, multiculturalism, and inclusion helps serve our mission and support the many children in various communities across Canada.

Duties and Responsibilities:

Reporting to the Manager, Programs and Partnerships, the Stress Busters Program Lead will deliver the *Stress Busters Program* directly to children ages 9-12. This position will be responsible for program delivery, adaptation, and partnerships.

Program Delivery

- Facilitate Stress Busters Sessions

Strong Mind Strong Kids, Psychology Canada
From The Psychology Foundation of Canada
T: 416-644-4944

E info@strongmindsstrongkids.org Charitable registration number 88921 2395 RR0001



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- Guide co-facilitator through program delivery as needed (Stress Busters Program Support personnel for online sessions and classroom teachers for in-person sessions)
- Educate children on Kids Have Stress Too! stress management strategies
- Manage guided discussions with children
- Communicate regularly with participant's parents/teachers as needed for sessions both online and in-person
- Manage Zoom for online sessions and set-up for in-person sessions
- Support with distribution of Activity Books and children's information packages
- Distribute program surveys

Program Adaptation

- Research best practices for program delivery
- Examine past iterations of program design and develop adaptations based on needs of children
- Update program content and curriculum as necessary
- Support Manager, Programs and Partnerships with feedback and survey reporting

Program Partnerships

- Support with partnership discussions and recruitment efforts to bring children into the program
- Lead coordination efforts with existing partners to ensure smooth program delivery
- Support with partnership discussions as needed for onboarding secondary facilitator
- Update and Create partnership materials

This full-time, 1 year contract will be working 37.5 hours per week which could include weekdays or weekends. This position will be required to work evenings. This program is delivered online through Zoom and in-person.

Qualifications:

- 1-2 years of experience facilitating programs or working with children aged 9-12;
- Good understanding of child/youth development;
- Excellent presentation, communication, and facilitation skills;
- Highly organized;
- Flexible and adaptable;
- Collaborative; and able to actively listen
- An ability to be animated and engaged with the children but also be able to gently redirect, when necessary.
- Passion for the organization's vision and mission
- Proficiency in utilizing technology for online facilitation
- Understanding of primary prevention and wellness programming and its differences from therapy
- Mental Health First Aid an asset
- Experience with program evaluation an asset
- Knowledge of Kids Have Stress Too and Stress Lessons an asset

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PSYCHOLOGY CANADA

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- Knowledge of Equity, Diversity and Inclusion an asset
- Languages an asset

Education:

- University degree in Education, Social Work, Psychology, Nursing, Child & Youth Work, Childhood Development or other related field

Additional Requirements:

- Ability to work remotely with regular check-ins;
- Access to personal computer with camera may be required
- Access to high-speed internet bandwidth 1.5 MBPS
- Proficiency in remote meeting applications (example: ZOOM), and other software (ex. Microsoft Word, PowerPoint)
- Must have access to a reliable vehicle, hold a valid driver's license, and appropriate auto insurance.

1 year contract \$60 000 with a \$5000 bonus upon successful completion of contract and duties

Full time

Hybrid- GTA, Ontario

Travel to Schools and School Boards may be required.

To apply:

To apply, submit your application to Pamela Sariyannis (pamela.sariyannis@strongmindsstrongkids.org) by **October 6th, 2023 at 4pm ET.**

We request all applications be submitted online only. For technical issues, please contact info@strongmindsstrongkids.org.

Qualified applicants are invited to submit their resume and letter of interest in one document/attachment to the email above, in confidence. We thank all applicants for applying, however, only qualified candidates selected for an interview will be contacted. Successful candidacy is contingent upon submission of a clear Vulnerable Sector Screening.

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