



Position: Mentor (Volunteer)

Reporting to: Program Manager, Nancy's House

Hours/week: 2 hours

Term of volunteer position: At least 1-year commitment

Location of volunteerism: Nancy's House, Burlington (*confidential address, location shared upon successfully completing Restorations' volunteer onboarding process*)

Position Purpose: Restorations Second Stage Homes ("Restorations") exists to support survivors of sexual exploitation and trafficking by providing long term residential housing and survivor-led peer programming.

Through a trauma informed and strengths-based approach, we build and nurture trusting, long-term relationships between survivors of sexual exploitation and staff, volunteers, and the wider community as a foundation to recovery, healing, empowerment, and success. The Mentor position plays a crucial role in providing support, guidance, and mentorship to residents, fostering a supportive environment conducive to recovery, healing, and empowerment.

Responsibilities

- Provide emotional support, actively listening to residents' concerns, and offering guidance and encouragement.
- Collaborate with staff to identify residents' needs and goals, participating in the development and implementation of individualized care plans.
- Foster a positive and supportive community atmosphere within the residential program, encouraging residents to engage in peer support and social activities.

Mentorship can take on various forms through various activities based on the interest level and/or availability of the volunteer. Opportunities might include:

- Transporting residents to recovery meetings, gym sessions, and other essential appointments or activities as needed.
- Assisting residents in meal preparation, ensuring they have access to nutritious meals and supporting them in developing healthy eating habits.
- Engaging residents in at-home creative art activities to promote self-expression, relaxation, and personal growth.

Competencies

Essential Skills and Abilities:

- Strong empathy and compassion, with the ability to connect with individuals who have experienced trauma.
- Knowledge/familiarity of human trafficking and social service systems.
- Excellent communication, listening, and interpersonal skills.
- Ability to identify, set, and model healthy boundaries.
- Comfortable working either one-on-one or in group settings.
- Lived experience of substance use, a commitment to modeling sober living, and willingness to share personal experiences of active sober life with participants to serve as a source of inspiration and hope is an asset.
- Training and Certification in First Aid/CPR Certificate an asset.

Requirements

- Current Criminal Record Check with vulnerable sector screening required.
- Adherence to Restorations agency values and Volunteer Code of Conduct.
- A valid Ontario driver's license and access to a vehicle.

Supervision and Reporting

- The Volunteer Mentor is supervised by the Program Manager.