

Volunteer Position Description

Position Title: **Facilitator for Youth Group**

Department: **Healthy Choices**

Direct Site Supervisor: **Tatiana Maida**

Location: **1032 S. Cesar Chavez Dr.**

Would you like to interview candidate yourself? **Yes**

Purpose for Volunteer Assignment: **Implement curriculum and lead education and physical activity with children**

Time Commitment: **Specific time period (total of 36 hours for the 3 months). Once a week for 12 weeks - from 5 pm to 8 pm on either Monday or Wednesday evenings.**

Upcoming Sessions: Orientation Week of January 16, 2017

Sessions: January 23 – April 12, 2017

Graduation/Volunteer Celebration: April 21, 2017

Client/patient population: **children/teens**

Duties:

- **Implement curriculum and facilitate bilingual weekly education and physical activity with children/teens**
- **Prepare foods and conduct snack demonstration**
- **Set-up and clean-up of working area**
- **Provide feedback and suggestions for improvement**

Qualifications:

- **Bilingual (English/Spanish) is required for children ages 4-6**
 - **Spanish not needed for groups of older children (ages 11 and up)**
- **Being physically active is required**
- **Facilitation experience with kids is preferred**
- **Knowledge and/or passion for nutrition and fitness preferred**
- **Enjoy working with kids and with diverse populations**
- **Positive attitude and open to listen/learn**

Is a background check required for this position? **Yes - working with children**

Benefits to the volunteer:

- **Spanish practice/improvement (if working with children ages 4-10)**
- **Increase knowledge about nutrition, healthy cooking and physical activity**
- **Learn/improve facilitation and public speaking skills**
- **Understand the challenges/successes of children/families when making eating and life style changes**
- **Understand Latino culture in relationship to eating and physical activity.**

Training provided to volunteer:

SSCHC Human Resources Orientation – application paperwork, TB test, policies, ID badge; scheduled at volunteer’s convenience but completed in advance of volunteer commitment

Healthy Choices Department Orientation – 2-hour orientation/training in “Latino Food and Cultural Competency” and Healthy Choices program overview. Exact day and time will be determined and communicated to volunteers in advance.

Testimonials from Past Volunteers:

“This experience serving with Healthy Choices has taught me many things. It has exposed me to a population that I had never worked closely with before and I am very thankful for this experience. I have truly fallen in love with this Hispanic population, and my teens in healthy choices. I say this all the time, but I feel they have taught me more than I have taught them. I learned about their struggles and the class was essentially about problem solving. Trying to understand their problems and then in turn providing realistic solutions to increase a positive healthy lifestyle in each one of their lives.”

“I have nothing but positive things to say about this program. Each session is well laid out with a period for exercise, goal setting/discussion and healthy snack time. By the end of the program you can see the changes the participants have made in their daily lives and how proud they are of that. It is very rewarding to see the kids take ownership of their health and begin to build a solid foundation of making healthy choices at young age. The fact that the program then encourages the kids and parents to integrate all of the information they've learned into a cohesive family plan is what truly sets it apart. If you are interested in helping children and young adults learn more about how they can take control of their health, this is a great opportunity.” –

“I thoroughly enjoyed my time each week with healthy choices. We explored many interesting topics about diet, exercise and wellness. It not only was rewarding to see the participants changing their choices about health, but I too was making healthier choices since I started volunteering.”

All volunteers: a PPD (TB) test is required at no cost. In addition, if volunteer will have direct patient contact, volunteer must provide proof of MMR, TDap, and varicella vaccinations.

Will volunteer have direct patient contact and require vaccine documentation? Yes No

Prepared By: _Tatiana Maida/Esperanza Magana_ Date: _11/23/2016_

Volunteer needs: **ID Badge**