



More than a Food Bank!

Cambridge Self-Help Food Bank

54 Ainslie St. S., Cambridge, Ont., N1R 3K3

P: 519-622-6550 F: 519-622-9076

cambridgefoodbank.on.ca

JOB POSTING: Community Connections Coordinator – Children’s Mental Wellness

Location: Cambridge Self-Help Food Bank / Mobile

Hours of Work: 37.5 hours per week*

About the Role:

The Cambridge Self-Help Food Bank offers food and support to people and community groups in need within Cambridge and North Dumfries. We encourage self-reliance through programs and services. In addition to our food security programs, we provide a number of broader social supports.

This position has been created as a core component of the “Children’s Mental Wellness Hub,” a new project funded over 2 years by the Lyle S Hallman Foundation.

In partnership with Family Counselling Cambridge and North Dumfries (FCCCND), we (CSHFB) are working to establish a hub for children’s mental wellness in Cambridge and North Dumfries.

Building on each organization’s strengths – clinical counselling from FCCCND and food security and grassroots social supports from CSHFB – we will coordinate our supports to create opportunities for positive experiences for children (prevention) and grow access for counselling and related mental health supports (early intervention).

This project seeks to mitigate some of these factors: reducing food insecurity, building connections to reduce the impacts of poverty (financial, social, emotional), and creating opportunities to build childhood developmental assets. By connecting with families and coordinating with our partners, we can intervene early in life when mental health challenges present themselves.

One in five children and youth in Ontario will experience some form of mental health problem, yet five out of six of those kids will not receive the treatment they need. We want you to help us change these numbers right here in our community.

About You:

You believe that children are largely born with the opportunity for mental wellness, and that they can maintain mental wellness should their environment support it. You also know that mental health intervention doesn’t begin with a diagnosis and treatment, but can come from food and housing security, strong and supportive relationships and networks, along with opportunities for success.



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When there is a question, community is often at the core of your answer. When supporting others you don't push them towards independence, but work with people towards healthy interdependence to maintain long-term stability. While you may or may not enjoy knitting with yarn, you are passionate about knitting together people, groups, and resources. A natural connector, you help people to identify their unique strengths, work to celebrate those, and support people to succeed, leading with their gifts. You know that all people are valuable and should be valued; in fact, equity and inclusion are core to your personal philosophy.

Grassroots community work is messy, but you don't mind! You are able to live within that mess and at times make some sense of it. Systems are rigid and full of barriers, but that doesn't stop you! You are able to find pathways and gently support people to advocate past barriers. You are a guide and navigator, but not the captain. Using strong judgment and honest reflection, you know when to step in and step out of situations to support people to take greater control and autonomy in their lives.

While you capably maintain strong professional boundaries, you know that with people who are isolated, marginalized, or facing significant barriers, relational work is key. You bring a lens of service to your work that doesn't view people as 'clients,' 'cases,' or 'files,' but instead as unique children, families, and people.

Friends would call you flexible, creative, committed, persistent, and sometimes tenacious. Past colleagues would call you cooperative, organized, comfortable with complexity, and professional. Everyone would call you kind, caring, and generous of spirit.

Does the profile above sound like you, or mostly like you? Does the thought of working with children and families to find and maintain mental wellness and essential links to the community excite you? Then we want you to get in touch with us.

Required Skills and Qualifications

- A commitment to the values and mission of the Cambridge Self-Help Food Bank, with a desire to treat everyone with kindness, respect, and compassion
- Experience working with children and families in a community setting; experience working in mental health, community development/connecting, and working in partnership with multiple organizations an asset
- An educational background that will support you in this work, typically acquired through a degree in a relevant field such as social work, community psychology, community development, or other related disciplines



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- Exceptional communication, organization, and teamwork skills
- Strong computer skills including Microsoft Office tools (Outlook, Word)
- Ability to organize and prioritize work, set and meet deadlines, manage resources, and work independently
- Possess cultural awareness and sensitivity as well as sensitivity to issues related to living in poverty
- A valid Ontario driver's license and access to reliable transportation

Additional Details *

Hours: The CSHFB's regular office hours are Monday, Tuesday, Wednesday, Friday 9-4:30pm and Thursday 9-6:30pm. It is understood that all team members are often required to work irregular hours to ensure that the objectives of the organization are being met. This includes working evenings and weekends especially during peak times of the year. You will typically work full-time, daytime hours, however, occasional evening and weekend work may be necessary.

Salary: \$40,000 - \$46,000, TBD; optional enrollment into group benefits package and up to 3% RRSP matching following successful completion of probationary period.

Terms: While it is our hope to sustain funding for this project and role, this will be a contract position initially funded over a period of 2 years.

To apply for this position, please send your application in one file to Cameron Dearlove, Executive Director (cdearlove@cambridgefoodbank.on.ca) by January 29th, 2019. Please include a cover letter outlining how your values align with those of the Cambridge Self Help Food Bank and how you would incorporate these into your work. We thank all applicants for their interest in this position however we will only be contacting those selected for interviews.

Candidates from diverse backgrounds are encouraged to apply. Please let us know about any accommodations required in the application or interview process.