

Life Skills Specialist – Ref. No. 20042



The Prelude Temporary | Part-Time

The Alex: Changing Health. Changing Lives. The Alex Community Health Centre is a not-for-profit organization that is changing how we look at health care in Calgary. Our health, housing and food programs support our most vulnerable neighbours, tackling tough health and social issues head-on. Using a multi-disciplinary team approach, we focus care on assessment, intervention and promotion of all aspects of health. We embrace a model of health care that is accessible, responsive and participatory. In addition to the Community Health Centre, we run a Seniors Health Centre, a Youth Centre, two Mobile Community Health Buses, one Dental Health Bus, four Housing First Programs, and a Community Food Centre.

What we do and why we do it:

The Prelude is a housing first program that services formerly homeless men and women ages 24 - 65. Our philosophy is that everyone is entitled to appropriate housing and the supports they need to sustain that housing. We deliver service within an Intensive Case Management model, through the lens of harm reduction and housing first. Our clients have polysubstance use with a high focus on alcohol and methamphetamines.

We are currently looking for a **Life Skills Specialist** to join the Prelude program. The Life Skills Specialist will focus on teaching new ways of thinking about and approaches for daily tasks to folks who are managing polysubstance use. This role will work closely with the Client Engagement Specialist who focuses on recreational therapy. Our ideal candidate redefines the concepts of being patient and flexible! They thrive at teaching how to: shop for and prepare healthy food, create a budget that stretches a dollar, and care for one's kitchen, apartment and laundry, all informed by a deep understanding of the homelessness and poverty challenges our clients experience. The majority of time will be spent working 1:1 with a clients, though 'make and take' meal group facilitation is also an element of the role. If you are passionate about supporting this population, pride yourself on healthy approaches to independent living skills, and have the behavioral skills needed in this sometimes unpredictable environment, this may be the role for you! This is a one-year contract to work 15 hours per week (9am-5pm); days of the week are negotiable.

What you will do:

- Support clients to develop/strengthen independent living skills (e.g., cooking, shopping, nutrition, cleaning/laundry, taking public transit)
- Develop and facilitate group programming around budgeting, food skills, nutrition and household chores
- Provide training and instruction to clients related to independent living skills
- Support cooking and nutrition education
- Engage in cooking demonstrations
- Advocate for healthy food in our community
- Attend staff meetings, training, and events as needed
- Model professional behavior and positive communication with participants, volunteers, staff and partners
- Deliver and create menu plan and community meal programming
- Design and implement innovative learning opportunities that build the capacity of participants who are interested in facilitating food skills learning
- Create manuals and curricular documents for food skills programming and facilitation
- Assist with data collection and entry as directed

What you bring:

- Diploma in a related field of study (horticulture, culinary, nutrition, social work) is an asset
- Demonstrated ability to plan and prepare healthy, delicious meals for 25 people
- Excellent group facilitation, interpersonal, communication and conflict resolution skills are an asset
- Experience with permanent supportive housing and crisis intervention is an asset
- Previous experience working with clients experiencing homelessness and poverty is an asset
- Demonstrated effective communication, organizational, advocacy, teaching, and rapport building skills
- Non-judgmental, patient, friendly, and professional
- Food Safe Certificate is an asset
- Ability to multi-task in fast-paced environment
- A class 5 driver's license, \$2,000,000 liability coverage in car insurance, and vehicle are mandatory
- Standard First Aid – Level C CPR & AED are mandatory
- Knowledge of the United Nations Declaration on the Rights of Indigenous People (UNDRIP) and the Truth and Reconciliation Commissions (TRC) 94 Calls to Action an asset

Why You Want to Work with Us:

The Alex is an innovative and diverse organization which seeks to invest in its employees and see them succeed in their chosen careers. If you are seeking a deeply rewarding, yet challenging career helping Calgary's vulnerable populations, this might be the place for you!

How to apply:

If you are as passionate as we are about making a difference in people's lives, please submit your resume to jobs@thealex.ca and be sure to include the job title and reference number in the subject line. **This position will remain open until a suitable candidate is found.**

We thank all applicants for their interest, however, only those selected for an interview will be contacted.

For further information about The Alex and its programs, we encourage you to visit our website at www.thealex.ca