

Would you like to volunteer with our Healthy Minds Healthy College Initiative? We are looking for students to fill the following roles.

Thrive Ambassador

The Thrive Ambassador will use and enhance their communication skills, increasing student awareness of and engagement in Thrive Week activities. In this role, the volunteer will deliver short (5-10 minute) in-class presentations, at the request of instructors, providing students with information about Thrive activities and encouraging involvement. The volunteer will also promote Thrive Week in the hallways, library and cafeteria by distributing print materials and striking up conversations with students. The ideal candidate is friendly in conversation, can communicate clearly, and is conscientious.

The volunteer will complete 10 hours of service, primarily during the month of November. All service is on campus with support from the Thrive planning group. Attending a one-hour orientation session is mandatory and is included in the 10 hours of service.

Peer Support Promoter

The Peer Support Promoter will use and enhance their communication skills, increasing student awareness and use of Red River ReliefLine, our online student support system. In this role, the volunteer will promote Red River ReliefLine by tabling in hallways, distributing print materials, and striking up conversations with students. The ideal candidate is friendly in conversation, can communicate clearly, and is conscientious.

The volunteer will complete 10 hours of service, ideally one hour per month, October to April. All service is on campus with support from the Mental Health Coordinator. Attending a one-hour orientation session and completing an online training module is mandatory and is included in the 10 hours of service.

Healthy Minds Healthy College Advisory Group Member

The Advisory Group Member will use and enhance their critical thinking and problem-solving skills, providing thoughtful critiques and formulating ideas for our Healthy Minds Healthy College initiative. In this role, the volunteer will attend three two-hour meetings (November, January and March) where members share their perspectives, brainstorm ideas, and develop strategies to make RRC a health-promoting college. Pre-reading will be necessary for each meeting. The ideal candidate cares deeply about mental health, thinks creatively, articulates their thoughts clearly, and is conscientious.

The volunteer will complete 10 hours of service. All service is on campus with support from the Mental Health Coordinator. A one-on-one orientation meeting is mandatory and included in the 10 hours of service.

Upon completion of service, all volunteers will be provided a letter of verification and a certificate of service, and will be invited to an appreciation event. Volunteers who display exceptional service may request letters of recommendation for awards.

Please contact Breanna Sawatzky at 204.632.2061 or blsawatzky@rrc.ca to express interest and to set up an interview.

Anticipated Volunteer Schedule

POSITION	OCTOBER	NOVEMBER	DECEMBER	JANUARY	FEBRUARY	MARCH	APRIL/MAY
Thrive Ambassador	1 hour group orientation session	8 hours of service	1 hour for evaluation and reflection	Appreciation event with certificates presented			
Peer Support Promoter	1 hour group orientation session 1 hour of training 1 hour service	1 hour service	1 hour service	1 hour service	1 hour service	1 hour service	1 hour service 1 hour for evaluation and reflection Appreciation event with certificates presented
Advisory Group Member	1/2 hour orientation session 1 hour reading preparation	2.5 hours service		2.5 hours service		2.5 hours service	1 hour for evaluation and reflection Appreciation event with certificates presented