

## **Volunteer Facilitator: Meditation**

*Gilda's Club Greater Toronto*

“There are those who open their hearts to others...who never think twice about giving of themselves. They are the wonderful, warmhearted people who make all the difference in our lives.”

- Gilda Radner -

**If you can imagine yourself improving the quality of life for people impacted by cancer and their families then Gilda's Club Greater Toronto may be the place for you.**

### Who We Are

Gilda's Club Greater Toronto (GCGT) is a registered charity that is making an important difference for cancer patients, their family and friends in the Greater Toronto Area. It is one of 175 members of the Cancer Support Community (CSC), the largest professionally led non-profit network of cancer support worldwide, which delivers more than \$50 million in free support services to patients and families.

Gilda's Club Greater Toronto has often been referred to as “the missing link in the cancer care system.” ~ Patrick J. Gullane, MB, FRCSC, FACS, FRACS (Otolaryngologist, University Health Network).

GCGT is named after legendary comedian Gilda Radner of Saturday Night Live fame, who died of cancer in 1989. While in treatment in the mid-80's, Gilda visited a cancer support community in Los Angeles where she found others going through a similar experience to hers and she drew strength and comfort from that supportive environment. It was Gilda's hope that “such support communities” be available to anyone impacted by cancer so no one would have to face cancer alone.

### What We Do

The impact of cancer is not only physical but deeply emotional. GCGT is a community of support where people facing the fear and uncertainty of a cancer diagnosis, personally or for a loved one, can find strength in others who share their experience.

The supportive and educational programs at GCGT are an essential component of a complete cancer care plan and a compliment to medical treatment. Those who seek support in this community are embraced as “Members”.

Since 2001, GCGT has improved the quality of life for more than 12,000 Members experiencing cancer-related stress, to restore a sense of control, redefine hope, reduce stress and isolation during and after cancer treatment for improved quality of life. All programs are provided free of charge so there is no financial barrier to accessing support in this community.

Today, with the added worries related to COVID-19 and the need for physical distancing, GCGT operates virtually, connecting with Members online to deliver programs that include

education, physical activity and support groups from the comfort of their own homes. This thriving virtual community has become for some, the only connection to emotional support, the only outlet for physical exercise and the only place to meet others who can relate to their feelings of isolation, fear and anxiety.

### Position Overview

Reporting to the Director, Clinical Programs, the Volunteer Facilitator is someone who enjoys interfacing with the community and delivering cancer support programs through virtual mediums. The Volunteer Facilitator is a professional in their field whose knowledge of oncology and background in group facilitator, will provide quality programming.

### **Primary Responsibilities**

- Facilitates a one-hour meditation group bi-weekly.
- Attendance at quarterly facilitation meetings.
- Works collaboratively with GCGT, Virtual Program Coordinator to provide high quality virtual programming.
- Answer member questions within the group hour
- Report any issues or concerns to staff leads immediately
- Reports to GCGT Director, Clinical Programs

### **Qualifications:**

- Professionals who have completed an approved meditation education course.
- Minimum 3 years experience teaching meditation.
- Group facilitation experience required.
- Current registration with a professional regulatory body is advantageous.
- Familiarity in working with adults with cancer-related stress.
- Commitment to Gilda's Club mission and Program philosophy with participation in orientation and ongoing training as it relates to GCGT and its Program.
- Available for evening hours as group schedule dictates.
- Completion and submission of a Criminal Record Check and Vulnerable Sector Screening on an annual basis.

The successful applicant will need to undergo interview, reference check, orientation and a Vulnerable Person's Police Check

Gilda's Club Greater Toronto is an equal opportunity employer. Gilda's Club is committed to delivering and improving accessibility in employment for all persons with disabilities. Accommodation is available, upon request, in the application and interview process and during all other methods of selection of employees. Successful candidates for employment will be introduced to and trained in respect of all our human rights, accommodation and accessibility policies.

## How to apply

Please send your resume, volunteer application via email with the subject line reading "Volunteer Facilitator: Meditation" in confidence to: [jackie.turner@gildasclubtoronto.org](mailto:jackie.turner@gildasclubtoronto.org)

Application deadline: June 30, 2022

Only those candidates selected for an interview will be contacted. We thank all applicants for their interest in working at Gilda's Club Greater Toronto.

### Volunteer Type

- Contract
- Three (3) month contract with potential opportunity to extend.
- Time Commitment one hour bi-weekly, plus one-hour quarterly supervision.
- Due to restrictions related to COVID-19, the successful candidate must be able to work at home as mutually determined in advance.