

# Current Volunteer Opportunities

## Overview

The mission of the BC Brain Wellness Program Mission is to leverage the collective power of clinical care, lifestyle programs, education, and research to design a comprehensive and integrated approach to brain wellness for people with chronic brain conditions, care partners and healthy agers.

The BC Brain Wellness team was founded by Dr. Silke Cresswell and Dr. Jack Taunton and supported by a full time Research Program Manager, Dr. Matthew Sacheli, who leads the daily operation and development of the program. A diverse and dedicated team of approximately 15 innovative and collaborative experts, students and clinicians contribute to the success of our program. We also have over 40 volunteers that assist with instruction, program administration, communications and technology.

## Volunteer Descriptions

The BC Brain Wellness Program has two volunteer opportunities, Program Volunteers and Wellness Outreach Project Volunteers. Each provide excellent opportunities for engagement with participants and instructors as well as with the BC Brain Wellness Program team.

### 1. Program Volunteer Responsibilities

The Program Volunteers assist instructors with the online Zoom classes.

*Time Commitment: 1-2+ hours per week*

- Attend assigned weekly wellness class (examples include exercise, dance, art, music, gardening).
- Provide general support to the instructor.
- Provide general support to the program participants during the class.
- Provide technical support on Zoom and monitor the chat box function.
- Assist with small group activities in break out rooms.
- Conduct frequent safety scans and provide support to instructors in emergency situations.
- Support program development by completing feedback and quality improvement surveys.
- Learn more about wellness programming and chronic brain conditions through exposure to wellness programs and by attending education opportunities (see below).

### 2. Blog Volunteer Responsibilities

- Write blog posts for the Brain Wellness Program website

### 3. Video Editing Volunteer Responsibilities

The Video Editor Volunteer assists staff with editing various videos. *Time Commitment: 2+ hours per week*

- Edit and upload monthly recordings of Wellness Wednesday and Research Seminar sessions using Adobe Premiere Pro
- Edit and upload class recordings to expand video library
- Create graphics for video thumbnails

#### **4. Registration Volunteer Responsibilities**

*Time Commitment: On call, as necessary (no more than 3 hours a week on registration week)*

- Assist participants with registering for various classes on the BWP website
- Once an inquiry comes in regarding registration, volunteers will be assigned to call participants and help lead them through the registration process

#### **Time Commitment**

Volunteers are required to commit to 1 to 5 hours per week for a four month period. Availability on weekdays during the morning, afternoon or early evening is required.

#### **Training and Supervision**

Volunteers will attend a volunteer orientation prior to their volunteer start date and will receive support from the Volunteer Coordinator throughout their volunteer placement.

#### **Benefits**

1. Opportunities for engagement with BC Brain Wellness Program community.
  - Opportunities to work with individuals with chronic brain conditions, care partners and healthy agers.
  - Opportunities to work with instructors who have various experiences working in the field of brain wellness.
  - Opportunities to work with the BC Brain Wellness Program team.
  - Join working groups related to research, education, fundraising and program delivery.
  - Attend weekly or bi-weekly meetings.
  - Collaborate and share ideas with the BC Brain Wellness Program team.
2. Opportunities for education and professional development.
  - Attend quarterly volunteer education workshops.
  - Attend monthly Wellness Wednesday seminars on various topics.

#### **Application Process**

1. Complete Volunteer Application Form for BC Brain Wellness Program.
3. If shortlisted, attend a virtual Zoom interview.
5. Receive feedback and next steps.
6. If selected, the applicant must sign a confidentiality agreement.

*Please note all volunteer opportunities with the BC Brain Wellness Program are currently virtual.*