

## VOLUNTEER POSITIONS

The Self-Help Resource Centre is looking for 2 volunteers to facilitate our East and West St Clair Ave walking groups. Volunteers will be provided with training and gain valuable experience as a peer support worker. They will develop leadership skills, initiative, meaningful relationships and will provide great service to the community.

East Walking Group  
40 St Clair Avenue East, Deer Park Library  
Thursdays 1:30-2:30pm

West Walking Group  
Silverthorn/St Clair Library, 1748 St. Clair Avenue West  
Fridays 11:00am-12:00pm

Please contact Donyl at [shrc@selfhelp.on.ca](mailto:shrc@selfhelp.on.ca) or call 416-487-4355

The Self Help Resource Centre is a non-profit organization that is funded by the United Way and the City of Toronto. We have been connecting people with peer support groups since 1987. These groups continue to support people in overcoming major life challenges and transitions on the path to improved health and happiness. We do this through training and supporting peer support group leaders, providing resources to groups, operating an online database and information line to refer people to groups, and through managing peer support programs at large organizations.

Learn more: [www.selfhelp.on.ca](http://www.selfhelp.on.ca)

