



**Join Our  
Team!**

**CANADA'S BEST  
EMPLOYERS**

**Forbes  
2023**  
POWERED BY STATISTA

**Submit your cover letter  
and resume by September 29,  
2023 to:**

**Rebecca Trudeau, Manager,  
Mental Health Services at**  
[rebecca.trudeau@ymanitoba.ca](mailto:rebecca.trudeau@ymanitoba.ca)

*The Y is committed to providing an inclusive environment where diversity is welcomed and encouraged. If you require accommodation during any part of the recruitment or selection process, please don't hesitate to reach out. This includes providing you with alternate formats of this posting.*

*The Y is entrusted to provide a safe environment for children and vulnerable individuals. All applicants will be thoroughly screened through a review process including Police Record Checks with Vulnerable Sector Search and Child Abuse Registry Checks.*

*We thank you for your interest; however, only applicants selected for an interview will be contacted.*

## **Trauma Counsellor, Mental Health Program**

### **Part Time, Fixed Term – up to 15 hours per week (October 2023-March 31, 2024)**

#### **Downtown Community Hub, 301 Vaughan Street**

Are you passionate about community and wellness? Our Mental Health Learning and Leisure program is designed to maintain the dignity and realize the potential of adults who are living with mental illness. As the Trauma Counselor, you will work as a member of the Mental Health Services team in delivering counselling to identified vulnerable individuals. You will ensure that service delivery involves a trauma-informed, recovery oriented, psychosocial rehabilitation approach.

#### **Why work at the Y?**

- You make a difference in a participant's life everyday
- Great people and dynamic work environment
- Many opportunities for growth and advancement!
- Complimentary individual Y membership
- 5% employer-matching pension plan

#### **Are you the right fit?**

- Provide counselling support to participants in the program.
- Provide treatment of a variety of mental health issues using evidence-based therapy modalities and frameworks such as Cognitive behavioural therapy, Dialectical behaviour therapy, *Eye Movement Desensitization and Reprocessing (EMDR)* and cognitive processing therapy (CPT).
- Promote community integration and outreach by networking directly with and linking individuals to community resources.
- Review client assessment, needs, concerns and goals outlined in care plan provided.
- Assist or consult on the development of resource materials.
- Participate in planning, evaluation and quality monitoring including creating and maintaining client records and information for administrative reports.

#### **What else do you need?**

- Post-Secondary Education (Masters preferred) in Social Service/Health Service Field (i.e Counselling, Psychology, Social Work, Health Services/Sciences, Etc.)
- 2-3 years of Counselling experience in a similar role preferred
- Emergency First Aid and CPR Level C (can provide)
- Applied Suicide Intervention Skills Training (ASIST)
- Non-Violent Crisis Intervention (NVC), Mental Health First Aid (MHFA) (an asset)
- Excellent verbal, written communication and interpersonal skills

**If you want to work with great people and make a difference,  
then the Y is the place for you!**

