

Integra Mindfulness Martial Arts/Integra Young Warriors Volunteer

Position Title: Integra Mindfulness Martial Arts (MMA)/ Integra Young Warriors(YW) Volunteer	
Supervisor Name: Trish McKeough, Integra MMA Coordinator David Jan Jurasek, Integra YW Coordinator	
Main CDI Location for Placement: 25 Imperial	
CDI Program (if applicable): Integra	
Days & Times of Placement: Variable. Volunteers are required to commit 2-4 hours per week for a minimum of a term (20 weeks). Terms run from September to January, and February to June.	
Start Date: variable	End Date: variable

Purpose of the Position:

Integra Mindfulness Martial Arts (MMA) and Integra Young Warriors (YW) are innovative interventions for children and youth who have difficulties with self-regulation. Developing self-regulation skills, or the ability to notice, direct, and manage thoughts, behaviors and emotions, is critical for good mental health and promotes resilience to stress, positive coping, and longer term school success.

Integra MMA/YW volunteers assist Integra staff in program delivery by role modelling positive participation, supporting youth to participate and assisting with facilitation.

Skills Required:

- Interest in Martial Arts. Previous martial arts experience is beneficial but not required.
- College or university experience in a field that is relevant to children’s mental health
- The ability and willingness to join in and participate physically in the Integra MMA/YW class. Experience and/or interest in working with children and youth ages 9 to 18.
- Receptivity to feedback and direction.

Key Responsibilities:

- A commitment to the development of one's personal meditation practice.
- Weekly attendance and enthusiastic participation in one's assigned group.
- Assisting with the instruction of meditation and martial arts.
- Assistance with supervision of children and youth before and after each class.
- Other duties as discussed.

Program Times:

- Schedules vary from term to term. Typically groups run Mondays to Fridays, from 4:30pm-6:00pm and from 6:00pm-7:30pm. There are occasional morning and weekend classes.

Commitment:

In the interest of the clients who we serve, Integra MMA/YW volunteers are required to commit to an entire five-month session. Preference will be given to those who can commit for two sessions (10 months). Exceptions can be discussed in the event a volunteer has considerable martial arts or yoga experience.

Application Process:

Contact Trish McKeough at tmckeough@childdevelop.ca to request an application form for the Integra Mindfulness Martial Arts program (ages 12-18).

Contact David Jan Jurasek at djurasek@childdevelop.ca to request an application form for the Integra Young Warriors program (ages 9-11).

Orientation/Training:

Orientation: Dates TBD

In addition to providing all volunteers with a formal orientation prior to the start of involvement with Child Development Institute, we provide monthly learning sessions for volunteers, students and employees.

Supervision:

Volunteers meet once a week with the Integra MMA/YW instructor facilitating their class.

Evaluation:

Child Development Institute evaluates volunteers annually in June. Volunteer receive their evaluation via mail unless an in-person meeting is requested. All mailed evaluations will be sent by August 31st.

We thank you in advance for your interest, as volunteers are essential to our program. Due to the high volume of applicants, please note that only those candidates selected for an interview will be contacted.

[Click here to fill out the online volunteer application form](#)