

Cafe Facilitator

Not-for-Profit Volunteer Opportunity

Together Community Cafes are grassroots initiatives that bring people together to talk openly about mental wellness in a welcoming, stigma-free environment. These gatherings create meaningful opportunities for connection, learning, and collective support, helping strengthen community wellbeing from the ground up. We are looking for compassionate healthcare professionals – psychologists, counsellors, occupational therapists, physicians, or psychiatric nurses – who enjoy leading groups and believe in the power of connection.

ROLE OVERVIEW

As a volunteer Café Facilitator, you will play a key role in fostering a sense of belonging and hope within your community. Facilitators guide small group discussions, encourage shared reflection, and help participants explore everyday strategies for maintaining mental wellness. This is an opportunity for healthcare professionals to contribute their expertise in a relaxed, community-oriented setting and to help reduce isolation and stigma around mental health challenges.

KEY RESPONSIBILITIES

- Along with café assistants, create a warm, inclusive environment that encourages open and respectful conversation.
- Facilitate a monthly café session on topics related to mental wellness.
- Introduce session topics and guide discussions in a manner that is supportive, non-judgmental, and accessible to participants from diverse backgrounds.
- Work collaboratively with café organizers to refine the cafes based on community feedback.
- Promote community resources and mental wellness supports as appropriate.
- Uphold confidentiality and ethical boundaries. Maintain a trauma-informed, strengths-based approach in all interactions.
- Contribute to building the Together organization overall and furthering the mission of wellness for all.

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QUALIFICATIONS

- Licensed or registered healthcare professional (e.g., psychologist, clinical counsellor, occupational therapist, physician, or psychiatric nurse) in good standing OR retired member of these professions.
- Experience facilitating group discussions, workshops, or therapeutic groups
- Strong interpersonal, communication, and conflict-resolution skills,
- Understanding of community mental health, social determinants of health, and culturally safe practice.
- Commitment to equity, inclusion, and non-stigmatizing approaches to mental wellness.

ASSETS

- Previous experience in community outreach, wellness education, or peer support settings
- Familiarity with the positive psychology literature, and trauma-informed, strengths-based, or recovery-oriented frameworks.
- Ability to communicate effectively in multiple languages (Cantonese, Mandarin, Punjabi, Hindi, Spanish, French) or work with diverse populations.

APPOINTMENT TERM

The initial appointment term is one year and may be renewed if you remain interested and engaged. This role involves an average commitment of 4-5 hours per month.

