

The Lab - Wellness Mentor

To apply, contact Mary Tinucci at mary.tinucci@spps.org - (651) 744-1005

Description: Promote mindfulness, balance, physical and emotional well-being in St. Paul's urban youth—volunteer with The Lab as a Wellness Mentor. Operating in twelve different sites within the St. Paul public schools, The Lab facilitates creative, therapeutic and experiential learning opportunities for at-risk youth. As a volunteer, you have the opportunity to lead small group experiences, teach specific skills related to wellness and provide mentorship to individual students.

Population: The Lab serves junior and senior high school students who struggle with behavioral issues. They have the educational label of Emotional Behavioral Disorder (EBD), and do not perform to their full potential in the “mainstream” public school classroom setting. These students attend school in small, self-contained programs. These programs offer learning environments with an emphasis on behavior management and the development of social and emotional health skills. Please specify any interest in working with a particular site on your application.

Qualifications:

- Interest in cultivating mind-body connectivity; compassion for emotional health of students
- Experience with a particular field related to wellness is a plus. Possibilities include yoga, rock climbing, walking, ropes courses, exercise, meditative practices, massage, tai chi, breathing techniques, etc.
- Interest in working with urban at-risk youth
- Patience for working with a challenging population
- Excellent leadership and people skills, ability to work as part of a team
- Strong verbal communication skills and frequent access to email.

Responsibilities:

- Fill out Volunteer Application
- Schedule interview with program assistant
- Complete a Minnesota state background check (cost: \$12.50)
- Learn about the mission, values and vision of The Lab, by attending Volunteer Orientation and Training (dates flexible), and reading appropriate materials
- Show up on time for classroom sessions
- Communicate with classroom staff (social worker, members of The Lab team) to create and implement projects and curriculum
- Lead special projects and/or work one-on-one with students
- Be available for monthly volunteer check-ins
- Fill out occasional forms documenting your volunteer experience

Time Commitment: Currently, we are searching for both short-term (one to two sessions) and ongoing volunteers (three sessions plus). Volunteers will spend one to three hours in a classroom setting per week, during school hours. Please specify your desired time commitment on your application.

Training and Supervision:

- During Volunteer Orientation, you will learn about The Lab, meet staff, formulate your project curriculum plan with site staff and have the opportunity to ask plenty of questions!
- The staff of The Lab will be at your assistance at all times—helping with the formation of your project curriculum, working with you in the classroom, and providing guidance whenever you request it.
- Wellness mentors will be supported and supervised by Program Assistant.

Benefits:

- Reward of making a difference with at-risk youth
- Experience instructing and tutoring wellness strategies
- Opportunity to work in a creative, collaborative environment
- Connection to community