

Wellness Peer Lead

Position Type: Student Hourly
Term: May 2025 – April 2026
Time Commitment: May 2025 – August 2025: 35 hours per week
 September 2025 – April 2026: 15-20 hours per week
Campus: Abbotsford and Chilliwack, In Person
Direct Supervisor: Coordinator, Student Wellness
Wage: BC Minimum Wage + 10% in lieu of vacation and benefits

PRIMARY FUNCTION

The Wellness Peer Lead (WPL) plays a key role in creating an inclusive environment for students, fostering student connections and promoting awareness of available resources, events, and opportunities at UFV. They will support the Operations Coordinator, Student Wellness Coordinator(s) and Manager in delivering health and wellness programs and activities at UFV in areas of food security, harm reduction, peer support, mental health, and wellness.

The Wellness Peer Lead acts as a key liaison between Wellness Peers and the Student Wellness department, the implementing strategies from the Coordinator, Student Wellness to create a space that is inclusive, flexible, and responsive to unique student needs. The WPL will assist in training, scheduling, and supervising the peer-to-peer connection program, as well as contributing to the ongoing development and maintenance of the Wellness space(s) on campus.

RESPONSIBILITIES

- Assist the Coordinator, Student Wellness with peer program management by designing and delivering wellness peer training sessions, coordinating and maintaining peer schedules and providing mentorship to Wellness Peers through one-on-one check-ins, group trainings, and regular meetings.
- Regularly provide the Coordinator, Student Wellness with feedback on emerging student needs to ensure programming aligns with the evolving needs of students.
- Connect with students visiting Wellness spaces by providing peer-to-peer support, offering guidance, casual social interaction, and information about campus resources while fostering connection and involvement in campus life.
- Guide peers on strategies to actively reach out to students, helping them connect students with resources, campus events, and other peers.
- Assist with operational tasks for the Breakfast Program, Food Bank, and Wellness spaces including setup, inventory management, restocking and cleanup in accordance with provided guidelines.
- Organize, facilitate, host and support with wellness and student experience initiatives within and beyond the Wellness spaces, fostering inclusivity and connection across campus.
- Assist in distributing harm reduction and wellness products to students to promote safer and healthier choices.
- Provide friendly customer service by maintaining a welcoming environment and adhering to UFV's equity and inclusion principles.
- Employ skill-building, team building, and conflict-resolution strategies to guide and support Wellness Peers.
- Stay informed about campus resources and opportunities, and make warm, effective referrals while actively listening to and validating student concerns.
- Seek appropriate support when student concerns exceed peer support boundaries.
- Attend regular team meetings and training to stay informed and improve wellness programming.
- Perform other duties as assigned by the Student Wellness Coordinator(s), and Manager.

QUALIFICATIONS/SKILLS

- Excellent interpersonal communication skills, including the ability to navigate sensitive situations and conversations with empathy and tact
- Demonstrated reliability, punctuality, and excellence in prioritizing tasks with attention to detail
- Eagerness to embrace new experiences and learning opportunities
- Demonstrated customer service skills, including assisting diverse individuals with various needs
- Demonstrated leadership capabilities through coaching, leading group projects, volunteer management roles, etc. including the ability to provide feedback to others in a sensitive and encouraging manner
- Ability to maintain confidentiality and professional boundaries
- Interest in trauma-informed practice, harm reduction, food insecurity, and student wellness.

REQUIREMENTS

- Current UFV student enrolled in full-time credits; must have completed at least four semesters at UFV by the start of the term
- Maintain Good Academic Standing (minimum 2.0 CGPA) throughout the term
- Participate in all required trainings and meetings

Your health and safety remain our number one priority, and all job duties will comply with UFV's campus access procedures and current government Health and Safety guidelines. We invite all students to apply for this position, inclusive of gender identity or expression, sexual orientation, cultural background, or personal experiences with mental health and wellness.

BENEFITS OF THE POSITION

- Gain experience working with colleagues in a collaborative and professional work environment
- Make a difference in the lives of others by creating and ensuring access to low-barrier tools and resources related to health & wellness
- Develop leadership and self-reflective skills which will support success in future workplaces
- Be mentored by a UFV Student Wellness Coordinator
- Access training opportunities in areas such as mental health & wellness, suicide awareness, crisis support, trauma-informed practice, EDI, food insecurity and other aspects of student wellness