



## PROGRAM ASSISTANT

Generation Health is a childhood healthy weights family based healthy lifestyles program developed by the Childhood Obesity Foundation (COF) and delivered in partnership with local delivery sites. The 10 week program addresses healthy eating, physical activity, mental health and sleep through behaviour change and parenting skills. The program sessions combine theory and activity opportunities delivered by a team including a Group Facilitator, a Physical Activity Facilitator and a Program Assistant.

The 10 week program consists of a weekly 2-hour session with both classroom theory time and gym activity time. In addition, there will be up to four additional facilitated family activity sessions over the 10 weeks.

### Duties include:

- Attend training workshop for the program
- Participate in regular program delivery team meetings to support the ongoing implementation of the program
- Develop a thorough understanding of program delivery model and resources
- Participate in quality assurance procedures
- Maintain a good understanding of and implement local sites' policies including Health and Safety, Child Protection, Data Protection, and Anti-bullying policy
- Maintain client confidentiality according to established policy
- Assisting the Group Facilitator and Physical Activity Facilitator in all aspects of delivery of the program including session preparation and session delivery.
- Performing related duties as required

### Required skills and knowledge:

- Working with groups of children and adults with the ability to engage and motivate
- Prior involvement in exercise or exercise sessions is considered an asset
- Strong communication skills and experience working with a variety of cultures and family dynamics preferably in a family place setting
- Excellent interpersonal, organizational, and communication skills
- Proven ability to develop and maintain effective cooperative relationships
- Able to work a flexible schedule

### Desired training and experience:

- Minimum 1 year experience working with children and families in a group setting
- Ideally trained in Run-Jump-Throw, High Five, YMCA Healthy Child Development, Fundamental Movement Skills and/or behaviour change
- First Aid/CPR certificate required
- Successful completion of a criminal record check

### Hours and Compensation:

- Up to 56hrs per delivery cycle @ \$25 per hour (includes delivery time and prep time).