

Bloom Wellness Collective - Calgary Arts Development Volunteer Listing

Dance, move, stretch, create and connect with people with disabilities! Bloom Wellness Collective (Bloom) is on a journey to make Dance and Expressive Arts accessible to those of all ages living with disabilities. We use movement as a catalyst for self-expression, connection, sustainable health, emotional regulation, and, above all, JOY!

We are seeking volunteers ages 15+ who are energetic, playful, and enthusiastic to participate as Movement Mentors in our sessional programs. In this role, you will engage in movement, dance, music and/or art with others while connecting with and supporting our participants with disabilities in a fun, inclusive environment. Mentors will receive training and hands-on guidance from our skilled facilitators to provide physical, behavioral and cognitive support to our participants. Each mentor is paired with a participant with whom they will build a connection and trusting relationship.

Movement Mentors will:

- Gain valuable work experience
- Engage in meaningful interactions
- Participate in heart-pumping exercises
- Create long lasting memories
- Leave each class with a FULL heart!

The ability to dance/move physically is a MUST! Comfort and previous experience supporting participants with disabilities is an asset, though not mandatory. Visit the Volunteer tab on our website: <https://www.bloomwell.ca/pages/volunteer> or email us at hello@bloomwell.ca for more information!