

STARDALE WOMEN'S GROUP

Volunteer Program



About Stardale Women's Group

For over 24 years, Stardale Women's Group has empowered the lives of Indigenous girls, strengthened their families, and inspired communities to engage in the core values of reconciliation. We offers programs and services to Indigenous young women and girls in overcoming systemic barriers. We believe that when we provide positive, supportive environments for Indigenous young women and girls, we build resilience across generations.

We want all of the Indigenous young women and girls we serve to live in a strong, supportive and inclusive community where all Indigenous People have assets to thrive and are equal participants in Calgary's future.

Developed by the Stardale Women's Group Inc. Foundation, Stardale Women's Group opened its doors for service in Melfort, Saskatchewan in 1998, to serve the communities in Northern Saskatchewan. Since that time, it has expanded to provide outreach to Southern Alberta.

We are a non-profit organization and a registered charity. Our charity number is 894942622RR0001.

Our Mission

Our mission is to help Indigenous young women and girls overcome systemic barriers by providing life skills, foundational learning and literacy, and advocacy for themselves, their families and their communities.

We strive to provide a space where they feel comfortable to express their feelings, past experiences, traumas and hurts. We offer a friendly and caring environment that respects their individuality and freedom of thought. Your support is vital as we continue to educate and empower the girls, their families and their communities.

The Stardale Model

The four components of the holistic Stardale Model encompass the physical, emotional, mental and spiritual aspects of life. As building blocks to a journey of awakening, healing, self-respect and empowerment, the Stardale Model encourages development of skills and enlightenment by healing with compassion.



Thank you for your interest in becoming a valued volunteer at Stardale Women's Group!

When we provide positive, supportive environments for Indigenous young women and girls, we build resilience across generations. Your volunteering efforts will help us ensure that every Indigenous young woman and girl we serve has the ability to fulfill her potential.

Stardale Women's Group relies on the dedication of our volunteers to be able to continuously support Indigenous young women and girls, and their families. We are looking to recruit amazing women in Calgary who are innovative, dynamic and who are ready to work within the framework of our after-school and mentorship programs for Indigenous young women and girls ages 10-17.

Your volunteering efforts goes towards increasing their health and wellbeing; reducing factors that place youth at risk for perpetrating violence; developing opportunities for creative and artistic expression; creating space for reconciliation and inclusion; and ongoing assistance and resources to the many young people we serve.

These girls need you! With your support, we can all move forward together and overcome adversity.

Thank you in advance for your dedication, time and energy!



Helen McPhaden
Executive Director
Stardale Women's Group



Volunteer Youth Mentor

As a Volunteer Youth Mentor, you will commit to mentoring, advising, supporting, and guiding our cohort of Indigenous young women and girls (age 10-17) for a period of at least one year.

By becoming a part of our community at Stardale Women's Group, Volunteer Youth Mentors help our cohort of Indigenous young women and girls develop and reach positive academic, social, personal and leadership goals, setting them up for a successful future after high school. You can also teach new skills like cooking, crafting, recreational activities and much more!

Mentorship provides positive youth development and the resiliency to reach their potential. It helps our Indigenous young women and girls to explore new ideas, work toward their dreams and overcome challenges in their day to day lives.

Through mentorship, our goal is provide the girls at Stardale Women's Group with the development tools and resources that they need to facilitate their personal, academic and leadership growth and inspire motivation in themselves. Help us help them build healthy relationships, self-esteem and advocacy, and assertiveness!

Duties and Responsibilities:

- Demonstrate mutual respect, and serve as a positive role model
- Take the lead in supporting a young person through an ongoing, group and one-on-one relationship
- Build the relationship by planning and participating in activities together that promote mentee's self-esteem and motivation
- Support mentee in setting goals and work towards accomplishing them
- Communicate regularly with Executive Director, Program Coordinator and staff, and notify of developments or requirements, and promptly report any concerns
- Transport clients from home to after-school program locations
- Must adhere to all health and safety practices, and to all program policies and procedures

Qualifications:

- Demonstrated interpersonal skills to work effectively with our clients and staff, and abilities to mentor, support and guide
- Trustworthy, reliable and strong adherence to maintaining confidentiality
- Relevant post-secondary education (Social Work, Education, Social Sciences)
- Experience working with Indigenous people is an asset
- Demonstrated willingness to learn about and honour Indigenous communities, culture, and practices
- Dependable and consistent in meeting the time commitments
- Must have access to a vehicle, have auto insurance and a good driving record



Schedule:

- Requires at least a one-year commitment
- Attend after school program classes, mentee outings, and scheduled program days
- Spend at least 8 hours a month with mentee

To apply, please email your resume to Helen McPhaden at stardale@gmail.com or phone (403) 243-6615 for more information.



General Support Volunteer

As a General Support Volunteer, you will commit to supporting the staff and volunteers at Stardale Women's Group, and our cohort of Indigenous young women and girls (age 10-17) for a period of at least one year.

By becoming a part of our community at Stardale Women's Group, General Support Volunteers can help our cohort of Indigenous young women and girls develop and reach positive academic, social, personal and leadership goals, by supporting with a variety of key operational and administrative tasks. You can help provide our clients, staff and volunteers with the tools and resources needed to smoothly operate our after-school and mentorship programs.

Help us help them build healthy relationships, self-esteem and advocacy, and assertiveness!

Duties and Responsibilities:

- Communicate regularly with Executive Director, Program Coordinator and staff, and notify of any administrative developments or requirements, and promptly report any concerns
- Support with transporting clients from home to after school program locations
- Assist with food preparation and distribution of meals to clients
- Provide friendly and attentive service
- Inventoried and restocked items for after-school and mentorship programs
- Must adhere to all health and safety practices, and to all program policies and procedures

Qualifications:

- Demonstrated interpersonal skills to work effectively with our clients, staff and volunteers
- Trustworthy, reliable and strong adherence to maintaining confidentiality
- Relevant post-secondary education (Social Work, Education, Social Sciences)
- Experience working with Indigenous people is an asset
- Demonstrated willingness to learn about and honour Indigenous communities, culture, and practices
- Dependable and consistent in meeting the time commitments
- Must have access to a vehicle, have auto insurance and a good driving record

Schedule:

- Requires at least a one-year commitment
- Attend after school program classes, mentee outings, and scheduled program days

To apply, please email your resume to Helen McPhaden at stardale@gmail.com or phone (403) 243-6615 for more information.



Thank You!

Thank you for your commitment to helping with after-school and mentorship program. Please know that the Indigenous young women and girls that we serve are grateful for your contribution. You are making a difference in their lives!

We do our best accommodate your interests and availability. Please do not hesitate to let us know of your situation, and we will do our best to accommodate time constraints and interests.

Thank you for your dedication, time and energy!

Helpful Tips

1. You are a mentor! Do not hesitate to build healthy relationships with the girls. They benefit from time spent talking and in activities in and outside of the program. Many of the girls lack role models and good parenting.
2. When at the program, do not hesitate to get involved – no need to stand back! Teenage girls are a tough bunch, but they need connection! Don't give up.
3. Please invite friends and neighbors to become involved, as volunteers and as donors.
4. Funding is scarce. Please become involved in fundraisers and feel free to step forward with involvement and ideas.
5. The girls are provided snacks and meals depending on the session. Feel free to volunteer to provide healthy nutritious foods! Meals are supplemented with a \$50 gift certificate.
6. Consider sharing a special skill, talent or interest by creating an event.
7. Please volunteer for driving and transportation whenever you can. This is an opportunity for you to see where the girls live, and Stardale Women's Group scrambles weekly to get the girls to the program!
8. All donations are welcome. Tax receipts are provided for cash donations.
9. If you would like to be contacted last-minute, or in case of an emergency volunteer shortage, please let us know!
10. Spread the word! Spending time with the girls is a reward, and they can only progress with the help of strong, supportive women in our community.

