

Wellness Peer

Position Type:	Student Hourly
Time and Term:	Mandatory In-Person Training: Dates TBD between August 17 th - 28 th September 2026 – April 2027: 10 to 15 hours per week
Location:	Abbotsford Campus, 6 positions available Chilliwack Campus, 5 positions available
Direct Supervisor:	Coordinator, Student Wellness
Wage:	BC Minimum Wage + 10% in lieu of vacation and benefits

PRIMARY FUNCTION

The Wellness Peer(s) will support the daily operations of Wellness spaces by assisting the Wellness Peer Lead, Operations Coordinator, and Student Wellness Coordinator(s) in delivering health and wellness programs and activities at UFV in areas of food security, harm reduction, peer support, mental health, and wellness.

Wellness Peer(s) play 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 foster peer-to-peer interactions, host connection-building activities, and act as approachable peers to help students navigate social and academic life at UFV. Additionally, they provide resources and referrals to support students' overall well-being.

RESPONSIBILITIES

- 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.
- Collaborate with fellow Wellness Peers to plan and facilitate social engagement activities, such as meetups and connection groups.
- 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.
- Facilitate, host and support wellness and student experience initiatives within and beyond the Wellness spaces, fostering inclusivity and connection across campus.
- Provide friendly customer service by maintaining a welcoming environment and adhering to UFV's equity and inclusion principles.
- Stay informed about campus resources and opportunities, and make warm, effective referrals while actively listening to and validating student concerns.
- Assist in distributing harm reduction and wellness products to students to promote safer and healthier choices.
- Provide feedback to the Peer Lead and Student Wellness Coordinator(s) about emerging student needs
- Seek appropriate support when student concerns exceed peer support boundaries.
- Attend team meetings and training to stay informed and improve wellness programming.
- Provide support for events and campaigns, with direction from professional staff, and participate in training within a designated area of focus, in topics such as:
 - Harm reduction and substance use
 - Anti-racism, identity, and inclusion
 - Mental health and positive psychology
 - Healthy relationships and communication
 - Sexual and menstrual health
 - Connection and belonging
- Perform other duties as assigned by the Peer Lead, Student Wellness Coordinator(s), or 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
- Comfortable initiating conversations and actively engaging peers in social connections and wellness programming
- Eagerness to embrace new experiences and learning opportunities
- Demonstrated customer service skills, including assisting diverse individuals with various needs
- 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 two 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
- Must be available for a minimum of 3-hour shifts, Monday to Friday, between 8:45 AM and 4:30 PM

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 Peer Lead and 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