
TITLE: Youth Volunteer, Disable the Label

HOURS: April – July 2-3 Hours per week; July 13-18 approximately 40 hours (On-site at Disable the Label)

START: April 2025

END: July 18th, 2025

CONTRACT TYPE: Volunteer

COMPENSATION: Honorarium \$350

REPORTS TO: Program Manager, Youth Partnerships

POSITIONS AVAILABLE: 2

[Apply Here](#)

About The Organization:

The New Mentality is a program of Children's Mental Health Ontario. We are a provincial network of youth and adult allies working to amplify youth voice to influence change within the mental health system in Ontario. Our work is grounded in the belief that youth experiencing mental illness must contribute to building and improving the mental health system. We have a provincial network of youth groups that work directly with service providers to improve services and reduce stigma in their local communities.

Program Nature and Scope:

Disable The Label, also known as DTL, is our annual summer training retreat for young community leaders and their adult allies in the mental health system. Since 2007, The New Mentality has hosted a leadership retreat called Disable the Label (DTL) for our provincial network. The event brings together over 100 participants, including youth leaders, young organizers, and adult allies from across the province, who gather to learn and enhance their mental health advocacy skills, share their local projects, and build meaningful connections. At Disable the Label, we grow our capacity to be mental health advocates and use our voices to make a positive change in the children and youth mental health system in Ontario.

About The Position:

The Disable the Label hosting team is looking for two Youth Volunteers to play a supportive role in ensuring a smooth and engaging experience for all participants. You will assist in various activities, support the hosting team, and help create a positive and inclusive environment. Honorarium will be provided.

Overview of Responsibilities:

The Youth Volunteer will be expected to act in a responsible, mature, and respectful manner to any situation that might arise during program time with youth and to uphold the guidelines and expectations that are established for participants.

The duties under the terms of this position will include:

- Conduct a vibe check during sessions
- Welcome and guide attendees, answer questions, and provide support throughout the retreat.
- Help set up and break down retreat areas, including arranging seating, distributing materials, and preparing activity spaces.
- Participate in and encourage involvement in team-building exercises, discussions, and interactive sessions.
- Assist facilitators with group activities, workshops, and sessions by managing logistics and ensuring smooth operation.
- Upholding the guidelines and expectations that are established for youth participants
- Sharing the CMHO mission and values

Eligibility:

- Must be available dates: July 13th-July 18th, 2025
- Have previously attended Disable the Label, New Mentality Advisory Retreat, or other youth leadership events or retreats
- Have taken on leadership roles in TNM Groups or other youth engagement initiatives
- General experience with youth engagement in mental health

The New Mentality aims to include diverse representation with respect to age, neighbourhood, cultural background, socio-economic status, and gender identity.

DIVERSITY, EQUITY, AND ACCOMMODATION:

The New Mentality is committed to having a workforce that is reflective of the diversity of Ontario's population in general and of our members in particular. We strongly encourage applications from racialized persons, Indigenous persons, persons with disabilities, persons of diverse sexual orientation, gender identity and gender expression and all those who can provide and contribute to diversification of perspective at The New Mentality.

The New Mentality is committed to hiring practices that are inclusive and barrier free. The New Mentality will provide reasonable and appropriate accommodation during all stages of the hiring process in accordance with the Ontario Human Rights Code in order to ensure the equal and fair assessment of all job applicants. Applicants are asked to make any accommodation request in advance.