

Supportive Housing Workout Buddy – Ongoing Volunteer Opportunity

Overview

Let's work out! Workout Buddies encourage residents of Bissell Centre's supportive living communities to get moving through simple, supportive fitness and movement activities.

Qualifications

- Kinesiology students, personal trainers, physical therapy students, etc.
- Over the age of 18
- An openness to [Bissell's core values and Key Practice Philosophies](#)

Key Responsibilities

- Lead friendly, accessible movement and fitness activities with residents
- Promote physical wellness, confidence and fun

Shifts/Time Commitment

- Thursdays Noon – 1 pm

Location

- King Edward Park Supportive Housing / Hope Terrace 8120 93 St. NW
- Satellite Supportive Recovery House 12202 94 St. NW
- Free Parking in accessibility parking lot
- Please wear comfortable casual clothes (no red) and close-toed shoes

Training

- On site procedures training will be provided
- Staff will always be present to provide ongoing support
- Volunteers are welcome to take all training offered by Bissell Centre
- Workout Buddies are encouraged to take Conflict into Calm, Foundations in FASD, and Naloxone training all offered for free from Bissell Centre

Screening

- Submit a current Police Information Check
- Vetted by volunteer supervisor at Hope Terrace

Impact

These activities help residents build strength, confidence, and positive routines while creating a fun and welcoming environment.

For kinesiology students, personal trainers, and others interested in fitness and health, the role offers meaningful experience adapting movement programs and supporting wellbeing in a community setting. A work reference may be requested after three months.

Overview of Hope Terrace:

Hope Terrace is a 34-unit supportive housing program operated by Bissell Centre that provides stable housing and voluntary supports for adults living with Fetal Alcohol Spectrum Disorder (FASD).

Residents receive 24/7 on-site support focused on housing stability, wellness, and building independent, meaningful lives within community.

Through relationship-based care and recovery-focused programming, Hope Terrace creates opportunities for residents to build skills, connection, and hope.