

Call For **VOLUNTEERS**

AMBASSADORS | PEER SUPPORT | EVENT SUPPORT



**BOW VALLEY MENTAL HEALTH
& ADDICTION WEEK**

MAY 3-8, 2026

PROGRAMMING THROUGHOUT THE BOW VALLEY

www.bvmhaw.ca/volunteer



ABOUT US

Bow Valley Mental Health & Addiction Week (BVMHAW) is a community-led initiative that brings together local partners, grassroots groups, and residents to foster mental health awareness across the Bow Valley. **In 2026, the week will take place May 3-8th.**

Now in its third year, the week features programs, workshops, and events across the Bow Valley designed to spark conversation, reduce stigma, and increase awareness of the mental health and addiction resources available in the Valley.

Together, this week sends a powerful message: *Our community cares, and hope, connection, and recovery are within reach for everyone.*

The week seeks to:

- Increase awareness about the mental health and addiction issues affecting Bow Valley residents and the services available
- Create a systems-level response to the mental health and addiction challenges in our community through a collaborative and coordinated approach
- Break down the social barriers of mental health stigma through community initiatives and conversations

YOUR IMPACT BEGINS HERE

Volunteers are the heart of Bow Valley Mental Health & Addiction Week.

This week is powered by community members who work to create a more supportive and connected Bow Valley.

Whether you love connecting with people, supporting logistics and programming, or affecting change through sharing your lived experience, there's a place for you.

Why Volunteer?

- ✔ Make a meaningful contribution to community mental health
- ✔ Support events that reduce stigma and increase connection
- ✔ Meet community members, partners, and wellness leaders



VOLUNTEER POSITIONS

There are several ways to volunteer with us, depending on your interests and experience:

- **AMBASSADORS**
- **PEER SUPPORT**
- **EVENT SUPPORT**

AMBASSADORS

For those with lived experiences who feel comfortable sharing their mental health or addiction journey to inspire hope, reduce stigma, and build understanding.

Ambassadors may:

- Share Their Story: Through written or video pieces, social media, website features, public speaking, media interviews, or podcasts
- Be an Advocate: Share personal healthcare experiences to bring awareness to local services
- Promote Mental Health Awareness: Attend programs, support facilitators, and engage participants.
- Provide Feedback: Offer and collect perspectives that strengthen programming and highlight community needs



Requirements:

- Mental health/social service experience in the Bow Valley

OR

- Community Helpers Program, Mental Health First Aid, OR ASIST (Applied Suicide Intervention Skills Training) Certification within 2 years
 - Upcoming Community Helpers Program (Full Day in Banff):
 - April 16th 9:30am-4:30pm

Time commitment:

- Typically 1–5 events (1–3 hours each).
- May also participate in additional storytelling or media opportunities
- 1 Hour Online Meet & Greet Informational Session: Early April

Training Opportunities:

- See the Signs Community Resource Training (1 Hour, Virtual):
 - April 21st at 12pm, April 23rd at 4pm, OR April 29th at 10am
- Intercultural Competency Training (Half Day in Canmore):
 - April 15th, 1:30pm-5:30pm



PEER SUPPORT

For those who want to support BVMHAW through connection and guiding people to resources.

Peer Support volunteers create safe, supportive spaces during BVMHAW. They are present at select BVMHAW events to offer compassionate, non-clinical (i.e. not patient care) peer support to event participants in need of someone to talk to. This support can range from listening without judgment to helping someone navigate and connect with local resources.

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 - April 16th 9:30am-4:30pm

Time commitment:

- 1–3 hours per event

Training Opportunities:

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EVENT SUPPORT

For those who enjoy hands-on event logistics and behind-the-scenes coordination.

Event Support Volunteers help behind the scenes by assisting with event logistics, including setup and takedown, event promotion, volunteer coordination, assisting programmers, and participant registration.

Time commitment:

- 1–3 hours per event

Training Opportunities (Optional, not required):

- Community Helpers Program (Full Day in Banff):
 - April 16th 9:30am-4:30pm
- See the Signs Community Resource Training (1 Hour, Virtual):
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HOW TO APPLY TO BE A VOLUNTEER

We'd love to welcome you to the 2026 volunteer team. Your contribution helps create safe, inclusive spaces for connection, healing, and community support.

2 Ways to Apply:

1. Fill out the application form on our website:

<https://www.bvmhaw.ca/volunteer>

OR

2. Scan this QR Code, which will direct you to our Volunteer Page:



Questions?

→ Email info@bvmhaw.ca