



The Cathedral Center

A Nonsectarian Agency for Women and Families

Volunteer Position Description

Job Title: Wellness Program

Duties: Meet with women one-on-one or in small groups in the Quiet Room on the second floor. Talk with women. Use biofeedback or other relaxation techniques.

Qualifications: Certification from "Reiki", "Healing Touch" or other recognized healing programs. This can include yoga or stretching/gentle exercise. Must be able to pass a background check.

Commitment required: One night a week

Day/time volunteer required: Evening hours after 5 p.m. when the clients return to the shelter for the night.

Benefits: Help guide our clients as they reduce pain and stress through proven techniques. This is a good opportunity to share your expertise with women who will appreciate your care, concern, and one-on-one attention as you help them learn and practice healthy stress reduction.