



Serving Youth, Families & Communities

103, 1811 – 4 Street SW
Calgary AB, T2S 1W2
Phone: (403) 861-2517

Call for Volunteer Board Members – 2017

Would you like to help high school-aged youth stay in school, deal with conflict in a more constructive way and be better prepared to deal with part time and full time employment? Peer Mediation And Skills Training (PMAST) teaches life skills to help youth succeed at school and in the community. We are looking for people interested in helping make this vision a reality for youth by joining our Board. We are a relatively small board so there are hands-on opportunities as well as the normal governance roles.

Some skills that would be an asset to our organization are fundraising, communications, finance, marketing, legal, governance and web design. This would be a two-year term with opportunities for extensions depending on your interests.

Peer Mediation And Skills Training is a Calgary based, not-for-profit organization, dedicated to providing schools and communities with skills to successfully handle disputes, bullying and conflict. PMAST assists youth in dealing with conflict, violence, discrimination and bullying, while building confidence, safety, and self-esteem. We empower youth to analyze conflict, investigate underlying issues and key concerns, and apply strategies to help build effective solutions.

PMAST recognizes the need for anti-bullying awareness programs and counseling but we believe that to create lasting change requires a **proactive** approach which is youth-focused, but incorporates the entire community including families and school staff.

Our training programs focus on early intervention and prevention with the goal of providing all youth, including those considered "at risk", with the skills to ensure their emotional health and well being and assisting them in their transition into adulthood and the workforce. Once they have the tools for a healthy life and to make healthy decisions, the next phase of our program provides further mediation training enabling them to help their peers, their families and others in their communities, to deal with the conflict in their lives. Experience has taught us that "Youth Helping Youth" is much more impactful than adult intervention. These abilities make them leaders among their peers, increasing their self-worth, respect for others, inclusion, responsibility and sense of belonging.

For more information regarding our organization and its activities, please visit our website at <http://pmast.org/>

To apply, please submit a brief letter of introduction and/or your resume to: info@pmast.org

If you have further questions, please contact Florence (403) 669-1211