



Arapahoe House





Cooking Instructor Volunteer Opportunity

MISSION: The mission of Arapahoe House is to provide a continuum of accessible, affordable, and effective services for individuals and families with alcohol, drug and other behavioral health problems.

TITLE OF POSITION: Cooking Instructor






OBJECTIVE: Assist in the life-skill development of Arapahoe House clients by teaching basic and intermediate cooking skills to mothers receiving treatment at one of Arapahoe House's residential programs.

DUTIES MAY INCLUDE:

-  Conduct interactive and educational cooking classes to groups of 5-10 women
-  Lead discussion on topics such as food budgeting, meal planning, healthy cooking choices
-  Help with class setup, food preparation and cleanup
-  Serve as a positive role model by emphasizing the benefits of nutritious eating and motivating participants to improve their eating habits.

COMMITMENT REQUIRED: Volunteers are asked to establish an ongoing routine with the facility by teaching classes on a weekly or bi-weekly basis.

QUALIFICATIONS:

-  Knowledge in cooking techniques and preparation of healthy meals.
-  Experience in teaching to large groups helpful.
-  Must be sensitive to diverse cultural and situational needs with a mature, non-judgmental attitude towards clients and their children.
-  Willingness to undergo a background check.
-  Ability to maintain client confidentiality.

ORIENTATION AND TRAINING PROVIDED: Volunteers may be required to participate in the agency's orientation.

LOCATION OF JOB: Aspen Center for Women facility in Westminster and/or New Directions for Families facility in Littleton, CO. The address of these facilities is kept confidential to help ensure the security of our clients. All Arapahoe House locations are smoke-free environments.

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