

CHILD HEALTH AND WELLNESS INTERNS

Reports Directly to Marwa Sarwari, Director of Program Development

Elena's Light is currently seeking creative, passionate, and detail oriented Child Health and Wellness Interns! Reporting directly to our Director of Program Development, the Child Health and Wellness Interns will have the opportunity to help Elena's Light establish our Summer Child Wellness Program. Interns will work directly with our participants and assist with executing COVID-19 precautions, managing administrative materials and tasks, and implementing our curriculum materials with the children participating.

WHAT IS THE SUMMER CHILD WELLNESS PROGRAM?

The Child Wellness Program is an education program for elementary and middle school aged children resettled from Afghanistan and Iraq in New Haven County and other children in the community who are suffering from CV-19 pandemic. The medical and trauma histories in children resettling from these countries place them at risk for social-emotional-executive functioning difficulties as they navigate the education and cultural assimilation process. A 2020 Summer Pilot program will inform the curriculum and format for year round wellness initiatives supporting the social-emotional-cognitive well being of this cohort of children. The child wellness program will provide social, emotional, and brain wellness activities to immigrant/refugee families. Activities include lessons on building self-awareness, emotional expression, and healthy coping strategies. Art, music, and movement (e.g. yoga) will be included to support each lesson.

WHAT MAKES THIS INTERNSHIP SPECIAL?

This internship is a very unique mentorship opportunity for students interested in health program implementation and non-profit management after graduation!

We know your time is precious, and we want you to get the fullest experience possible from working with our organization! Though your specific job reports to our Director of Program Development, there are ample opportunities to collaborate with our other staff members and directors. At Elena's Light, we love innovation and fresh ideas, and we pride ourselves on valuing the input of everyone who works with us. We work very hard to give every member of our organization a seat at the table as we grow and expand, and solicit feedback at all levels of the organization at every chance we get. By working with us, you have the chance to directly shape our future as an organization!

RESPONSIBILITIES

- Assist the Director of Program Development in conducting daily COVID-19 checks with participants
- Work with the Director of Program Development to manage administrative materials including participant forms and waivers
- Assist with set-up and clean-up before and after the program
- Work alongside other volunteers to implement curriculum materials and activities for participants
- Interact and work directly with our participants to create a safe, nurturing environment in which they can grow and develop

REQUIREMENTS

- Experience in volunteering locally and/or internationally- experience working with children is a huge plus!
- Strong communication, time management, and organizational skills
- Able to communicate effectively with diverse people

- Excellent organizational and team coordination abilities
- A pleasant, outgoing personality
- Creativity is a huge plus - successful recruitment and retention strategies require you to think outside the box!

TIME COMMITMENT

- On-site commitment of 4 hours, three days a week from 7/6-7/31
- Other commitments will be determined by Dr. Ryan, who may need help with research and other administrative tasks