



Job Title: Recreation Therapist

Location: Onsite

Status: Full-Time for 2 months (initial period), with the possibility of extension into a permanent role and potential salary increase based on performance.

Start Date: Immediate

Salary: \$17.20 per hour (non-negotiable)

About Us:

Sai Dham Food Bank is a non-profit organization dedicated to supporting individuals and families facing food insecurity and social challenges. Our mission is grounded in compassion, inclusion, and service, aiming to build stronger and more resilient communities through access to essential resources and support.

Position Overview:

We're looking for a **Recreation Therapist** who brings heart, creativity, and vision to our wellness programming. This role supports the physical, emotional, and social well-being of individuals—especially seniors—through meaningful and therapeutic recreational activities.

You'll design and lead programs that encourage connection, movement, and joy. We're seeking someone who is not only caring and adaptable, but also strategic—ready to take our recreation initiatives to the next level.

Key Responsibilities:

- Evaluate each individual's needs, strengths, and limitations to create personalized recreation therapy plans.
- Design and plan purposeful recreation programs aimed at specific therapeutic goals and skill development.
- Lead group activities that encourage social interaction, emotional expression, and teamwork in a safe and supportive environment.
- Use recreation and leisure as therapeutic tools—whether that's art, games, sports, music, or movement—to support physical, cognitive, and emotional health.



- Monitor and document client progress, assess the impact of interventions, and adjust programs as needed to ensure meaningful outcomes.

Qualifications:

- Education or experience in therapeutic recreation or a related field.
- Experience working with **seniors** is a strong asset.
- Creative thinker with the ability to plan and deliver impactful programs.
- Strong communication and interpersonal skills.
- Compassionate, inclusive, and respectful approach to working with people of diverse backgrounds and abilities.
- CPR/First Aid certification (preferred).

Where You Might Work:

- At our community center in Sai Dham Canada
- During special events, wellness workshops, or off-site activities
- In collaboration with other wellness and care professionals

Why Join Us?

- Opportunity to make a meaningful impact in your community
- Collaborate with a passionate, mission-driven team
- Build your portfolio while contributing to social good
- Gain experience within the nonprofit sector

How to Apply: Please send your resume, cover letter, and a portfolio or samples of your design work to recruitment@saidhamcanada.com with the subject line: Recreation Therapist – *Sai Dham Food Bank*.