

Position: Mental Health Programming & Events Assistant

Department: UTM Student Housing & Residence Life

Reports to: Residence Community Support Coordinator

Contract Period:

Position Start Date: First Day of Undergraduate Classes 2026 (September 8, 2026)

Position End Date: End of March 2027 (March 31, 2027)

Eligibility:

Students must be enrolled in at least 2.0 FCE (full course equivalent); minimum 0.5 credits in one session and 1.5 credits in the other during the Fall-Winter Term (September 2026 to April 2027). Students are permitted to accept only one Fall-Winter Residence Position per program period. Students do not have to be OSAP eligible to apply for a Fall-Winter Residence Position.

Nature & Scope:

Working closely with the Residence Community Support Coordinator, the Mental Health Programming & Events Assistant will work to promote student wellness in residence by organizing a number of events and programs throughout the year that aim to decrease stigma and increase knowledge of mental health issues and resources for residence students. Examples of these events and programs include: collaborating with campus partners and community organizations to develop and deliver small to large-scale initiatives (e.g., Health & Counselling Centre Ask-the-Nurse Program, Therapy Dog Initiative, Room for Wellness); implementing a communications and social media strategy to engage with students and promote mental wellness events; supporting the promotion of SHRL's mental health strategy and ensuring content creation aligns with it; and helping to facilitate our residence door knocking initiative. The Mental Health Programming & Events Assistant will also have the opportunity to research best practices and develop new events and programs to facilitate in residence.

Responsibilities:

- Provide biweekly updates to Residence Community Support Coordinator through one-on-one meetings
- Support in the planning and execution of various mental health and wellness events, programs and initiatives
- Create graphics that will be used to promote and educate residence students with the support of the Residence Community Support Coordinator
- Communicate with supervisor in a timely manner
- Monitor U of T email account daily for work-related emails
- Additional duties as assigned

Qualifications:

- Excellent oral and written communication skills
- Presentation and group facilitation skills
- Strong organizational and problem-solving skills
- Reliable and able to work independently
- Event coordination and volunteer management skills
- Experience with program development, delivery and evaluation

- Appreciation of diversity issues and respect for individual choices
- Strong working knowledge of Microsoft 365 applications (esp. Word, Excel and Teams)
- Proficiency with social media platforms (esp. Instagram)
- Previous experience working or living in residence an asset

Diversity Statement:

The University of Toronto embraces Diversity and is building a culture of belonging that increases our capacity to effectively address and serve the interests of our global community. We strongly encourage applications from Indigenous Peoples, Black and racialized persons, women, persons with disabilities, and people of diverse sexual and gender identities. We value applicants who have demonstrated a commitment to equity, diversity and inclusion and recognize that diverse perspectives, experiences, and expertise are essential to strengthening our academic mission.

Compensation:

The incumbent will receive \$17.60/hour.

Hours

The incumbent will work 200 hours (approx. 9-12 hours/week) throughout the contract period.

Vaccine Requirement:

As an employee of the University, you must adhere to the policies determined by the University as it relates to vaccine requirements. To read more about the University of Toronto vaccine policies and exemptions please visit [Policies & Guidelines](#).

Method of Application:

Complete the 2026-2027 Residence Work Study Application webform on our [Student Housing & Residence Life website](#) by Thursday, April 30, 2026 at 5:00 PM.

Any offers of employment will be conditional upon the approval of the 2026-2027 Residence Work Study Positions.

Employer Contact Information:

Residence Hiring Team – reshiring.utm@utoronto.ca
Student Housing & Residence Life
Oscar Peterson Hall, Suite 120
3359 Mississauga Road,
Mississauga, ON L5L 1C6