



**Canadian Mental
Health Association**
Across Manitoba
Mental health for all

The Canadian Mental Health Association (CMHA) Across Manitoba invites you to take part in a meaningful volunteer opportunity that makes a real difference in the lives of Manitobans.

Our OCD/Hoarding Services (formerly the OCD Centre Manitoba) supports individuals living with Obsessive-Compulsive Disorder (OCD) and Hoarding Disorder through weekly groups, education, and community outreach. You can learn more about the program anytime at cmhaacrossmb.ca.

Why Volunteer With Us?

Volunteering with CMHA is more than an extracurricular activity—it's hands-on experience in mental health support, communication, group facilitation, and community leadership. It's also a chance to build your resume while supporting individuals who are navigating some of life's most challenging barriers.

Volunteer Opportunities

1. Co-Facilitator – OCD or Hoarding Support Groups

- Work alongside trained facilitators to support individuals living with OCD or Hoarding Disorder
- Volunteers help foster a safe, encouraging, and structured environment during weekly sessions
- Ideal for students studying psychology, counselling, social work, or related fields

2. Program & Group Support

- Group set-up and participant support
- Resource creation and updating group materials
- Data entry or administrative support to help programs run smoothly
- Community education presentations (supporting staff in delivering materials to organizations or student groups)

3. Community Outreach & Education Assistance

- Help us share accurate, supportive information about OCD and Hoarding Disorder with professionals, families, and community groups
- Volunteers may help prepare materials, support workshops, or assist with awareness activities



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