



Roots of Empathy  
Racines de l'empathie

# Want to make a lasting difference in children's lives in your community? Volunteer to become a Roots of Empathy Instructor!



Do you love working with children? Are you a good listener and want to help children have better relationships, friendships, and mental health? The charity Roots of Empathy is searching for volunteers to become Roots of Empathy Instructors. Volunteer Instructors can be parents with time to give back or from a variety of backgrounds such as education, health care and more. You'll help us, "Change the world, child by child."

## What is the Roots of Empathy program?

Roots of Empathy is an evidence-based, award-winning classroom program that has shown significant effect on elementary school children in reducing levels of aggression, including bullying, while raising social and emotional competence and increasing empathy. The program is centred around a parent and baby's loving relationship, with a Roots of Empathy Instructor guiding a discussion with children, encouraging them to read a baby's emotional cues and take the baby's perspective.



*"I am always amazed at how the children are able to reflect on the feelings of the baby. They never want to do anything that might upset the baby. The class is reminded that we have to treat each other in the same way. No one likes to have their feelings hurt and when the children realize that treating a baby is the same as treating each other, it really affects how they respond to challenging situations in a positive way."*

*~ Volunteer Roots of Empathy Instructor*

## What is involved in becoming a Roots of Empathy Instructor?



- Instructors attend a 3-day in person training on delivering the program in **Grande Prairie July 22, 23 and 24**. A fourth day of training will be scheduled midway through the school year.
- Programs are delivered by the trained Instructor in their local community school starting in the fall and going to the end of the school year. We have volunteer Instructors that have been delivering for over 10 years!
- All new Instructors are matched with a Mentor who will support them in and out of the classroom. Also, volunteer Instructors are provided Professional Development workshops and e-learning opportunities through our Virtual Training Institute.
- All candidates are encouraged to find out more information about participating (see below) and to apply, however experience with children is an asset.

## FOR MORE INFORMATION AND TO APPLY :

CONTACT: Treva Whitwell  
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Grande Prairie Family Education Society

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OR VISIT:

<https://rootsofempathy.org/instructors/>