



## **Volunteer Opportunity: Sexual Health Peer Navigator Volunteer**

Commitment: 2–4 hours/week  
Duration: 3–6 months  
Start Date: Rolling  
Location: HQ Toronto (790 Bay St., Suite 820)

### **About Us**

HQ is a leading centre of excellence in gay men's health, providing tailored mental health services, sexual health services, and community/social programming. HQ provides an accessible, safe, welcoming space for all cis men and trans people who are into guys regardless of age, race, ethnicity, gender identity, sexual orientation, HIV status, socioeconomic status, immigration status or ability. HQ provides comprehensive, holistic services that empower clients and promote their physical, sexual, mental, emotional, community and spiritual/social well-being.

We collaborate with stakeholders and communities to advance health equity, ensuring equal access and participation in our programs through community engagement and advocacy. To learn more about us, please visit [HQ Toronto](https://www.hqtoronto.ca).

### **About the Role**

As a Peer Navigator, you'll play a key role in creating a welcoming, accessible experience for those using HQ's sexual health testing services.

**Shifts & Availability:** Flexible volunteer shifts are available during office hours (Mon–Fri 10am–8pm, Sat 10am–3pm). Choose from four 2-hour shifts per day, with a minimum commitment of one 2-hour shift per week (subject to availability).

**Training & Support:** HQ provides full training and ongoing support from the Operations Lead. You'll work as part of a team, assisting new service users at the front desk and collaborating closely with staff.

### **Key Responsibilities**

- Registration at the kiosk
- Finding an available self testing room
- identifying the correct sample kits
- Meeting with the phlebotomist for blood draws,
- Dropping off samples at the lab.

### **What We're Looking For**

- Strong oral and written English
- Daytime and evening availability
- Polite, respectful, and positive communication
- Self-motivated and able to work independently
- Comfortable engaging with diverse cultural groups
- Understanding of the 2SLGBTQ+ community
- Additional languages are a plus, but not required

## What You'll Gain

- Networking & Growth: Meet new people, build confidence, and make friends
- Recognition: Receive a certificate and reference letter after 30 hours
- Community Connection: Learn about and give back to your community
- Job Opportunities: Gain access to job listings shared with volunteers

## How to Apply

To apply, please send your cover letter and resume as a single PDF or Word document, with the position title as the subject line, to [volunteer@hqtoronto.ca](mailto:volunteer@hqtoronto.ca).

**APPLICATION DEADLINE: Applications will be reviewed on a rolling basis until the position is filled.**

HQ has a commitment to diversity, thus volunteers with diverse backgrounds, debility speak additional languages, and a passion for creating a welcoming experience for all our desired. Testing lights, within various communities, will be organized on a regular basis, and those volunteers who would like to work specifically utilizing their language skills can be booked for these.