

Title:	Volunteer – Peer Groups Facilitator
Program	Family Resource Centre

DESCRIPTION

Volunteer Peer Group Facilitators will be responsible for providing facilitation and support in a group format to loved ones/family members of individuals with addiction issues and/or mental illnesses. As an experienced loved one/family member, you will be an empathetic listener to group participants while they are sharing their personal experiences and challenges. Additionally, you will use your own knowledge and experiences to expand upon the participant's knowledge, perspectives, and skills. Facilitators will also help guide and navigate group discussions in alignment with established group norms, ensuring that conversations remain respectful, inclusive, and on track. You may be called upon to lead or chair discussions, manage time, and support a safe and supportive environment for all participants.

A. RESPONSIBILITIES AND DUTIES

- Facilitate and guide group discussions
- Actively listen to family members' experiences, challenges, and growth
- Share your personal experiences as a family member
- Work with family members to develop strategies for conflict resolution, providing support, boundaries, communication, self-care, etc.
- Communicate with Family Resource Centre staff regarding preparation, organization, facilitation, scheduling, and any feedback/concerns, as needed.

B. REQUIREMENTS

- Over 16 years of age
- Experience with a family member or loved one who has experienced mental illness and/or addiction
- Previous client who accessed support through the Family Resource Centre and/or other support services intended for family members
- Flexibility in facilitating groups in person and virtually, if needed.

C. SKILLS AND ABILITIES

- Ability to share your own experiences as a family member and comfort in sharing your journey
- Have knowledge and/or experiences with community services and resources intended to support family members as well as individuals with addictions and/or mental illnesses
- Able to listen and communicate effectively with others
- Interpersonal skills

Application Process:

If you are interested in becoming a volunteer with the Family Resource Centre, please complete our volunteer application form. Volunteers will be asked to participate in a short interview.

*Thank you for considering this important volunteer opportunity in our community!
If you have questions, please contact careers@amhs-kfla.ca*