

## Peer Support Group Leader

Build relationships with diverse groups of adults and seniors while improving your mentoring and group facilitation skills! We are looking for volunteers to work with small groups of adults/seniors who are working towards learning more about themselves and challenges in their life. Peer support group leaders are typically people who have a nuanced and insightful understanding of the same issues as the attendees in the group they are leading- whether that be mental health, sobriety, overcoming loss, etc. An ideal facilitator for this group is comfortable being open about their own experiences, understands the intersectionality of life, and teaches leadership as a shared activity. They will strengthen each participants' unique skills so that participants can become better advocates for *themselves*. Group leaders will be provided with resources to help them start and facilitate the group.

### Position Requirements:

- Age 16 or older (parental consent needed for those under 18)
- Basic understanding of mental health (or other topic relevant to the type of peer support group you are interested in leading)
- Successfully pass a background check

**Time Commitment:** We request tutors commit to:

1. An ongoing weekly peer Support group at one building for 4+ weeks

### Why Volunteer with Bellwether?

- Give back to a local community of people from diverse backgrounds by helping to fill gaps in local social service needs
- Volunteer in a wide variety of settings and positions. From tutoring children, to being a senior companion, to performing music, Bellwether serves a wide variety of populations and can accommodate a lot of unique and engaging volunteer opportunities.
- We appreciate our volunteers and show that through ongoing recognition, personalized support for every volunteer, training and professional development opportunities for ongoing volunteers.

### Want to find out more?

If our website isn't able to answer your question, a staff member would love to chat with you further. Please contact the Volunteer Coordinator via phone or email:



206 588 4806



[volunteer@bellwetherhousing.org](mailto:volunteer@bellwetherhousing.org)

**Ready to Volunteer? Follow these 2 easy steps!**

**Step 1:**

Complete the online application and sign the background check waiver form (these can be submitted online or mailed)

**Step 2:**

After you apply, look for an email confirmation regarding the submission of your application. A staff member will contact you as soon as possible to setup a phone interview and discuss your interest further.