

Peer Support Volunteer

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| <p>Peer support is trust-based support from trained volunteers that women provide to each other. Our peer support is:</p> | <p>Peer support is available to women who need:</p> |
| <ul style="list-style-type: none"> ❖ non-judgmental ❖ non-therapeutic ❖ delivered on a one-to-one basis | <ul style="list-style-type: none"> ❖ basic needs support ❖ information about community resources ❖ direction based on a question or concern ❖ someone to listen |

Peer support is the core service of the Centre and is provided by peer support volunteers who are supported by the staff.

Responsibilities include:

1. Supporting women through phone and in-person drop-in with resource navigation, completing referrals, and immediate contextual support (personal care items, emergency food hampers, etc.)
2. Utilizing active-listening skills through peer-to-peer support with women by listening to their stories while engaging with women to build social connections and maintain an inclusive and welcoming space for all women.
3. Supporting registration and referrals for Women Centre workshops, legal advice clinics and
4. Keeping informed about the Women's Centre/community programs and upcoming events.

Requirements:

1. Willingness to work with the Women's Centre values and ways of work.
2. Passion and interest for women's issues and in supporting women and building community.
3. Friendly, flexible, with a welcoming approach to meeting and talking to new people.
4. Enjoys relationship building with a diverse community of women in a non-judgemental, non-therapeutic, and supportive manner.
5. Open to mentorship and support from staff and volunteers while being comfortable with taking initiative.
6. Participation in an Introduction to the Women's Centre and ongoing training sessions.
7. Willingness to keep updated with activities and news about the Women's Centre community.
8. Availability for **one** three hour shift per week. Schedule below:

| Monday - Thursday | Friday |
|-------------------|-------------|
| 9:15 - 12:15 | 9:15 - 1:00 |
| 12:00 - 3:00 | |
| 2:45 - 5:45 | |
| 5:30 - 8:00 | |