



**Canadian Mental
Health Association**
Kelowna

Volunteers Wanted Peer Support Services

We are looking for positive and respectful individuals to model wellness and support people experiencing mental health challenges through a variety of volunteer roles including: one-to-one support, group peer support facilitation, and co-production and co-facilitation of Discovery College courses.

Peer support services help to reduce isolation and can increase feelings of self-esteem, confidence, acceptance and belonging.



Requirements:

- Personal lived experience with mental illness, mental health challenge, and/or be a support for someone with a mental health challenge (parent, friend, family)
- A doctor or mental health professional's recommendation.
- Commitment to ideally 2-3 hours of volunteering per week for a minimum of one year.
- Attend and successfully complete the Peer and Practice Training. This is a 24 hour comprehensive and practical training that will take place over the course of four Saturdays in November. Training will include sessions on healthy boundaries, stress, anxiety, crisis situations, relationship building and more.

Professional Development:

- For those seeking professional development but cannot commit to a one year volunteer term, there will be limited seats available in this training at a rate of \$900.
- For training syllabus email olivia.howard@cmha.bc.ca

To Apply:

Contact CMHA Kelowna via email at Olivia.howard@cmha.bc.ca to receive an application package.

Applications will be accepted until
October 21, 2019

If accepted training dates will be:
November 9, 16, 23, 30
from 9am-4pm

Email: Olivia.howard@cmha.bc.ca

Phone: 250-861-3644

Web: www.cmhakilowna.org



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