



**Caregiver Group Facilitator Contract Position
Wellspring Calgary**

Reply to: sheenac@wellspringcalgary.ca
or by mail: Sheena Clifford, #120, 703 – 64 Ave, Calgary, AB T2H 2C3

Purpose:

We invite you to contact us about our Wellspring Calgary Caregiver Group Facilitator position. We have a facilitator team who provide the two regular Caregiver groups across two locations in northwest and southeast Calgary. We would like to be able to call upon a variety of facilitators as the program offerings expand. We offer programs as demand requires and are unable to guarantee a specific amount of facilitation hours. This program requires training as a pre-requisite. Training as Facilitator will involve observation, mentorship, and co-facilitation. Please provide a letter of interest, with a current resume or CV, by mail or email. We would be interested to follow up with a conversation then an interview as applicable.

Program Description:

Wellspring Calgary is an affiliate of the Wellspring Cancer Support Foundation.

For caregivers including spouses, families and friends who are providing primary care to a loved one with cancer. Caregiver programs, specifically *Finding Sanctuary* offer an opportunity to acknowledge the experience of care-partnering and to develop strategies for balancing so caregiver's factor themselves and their needs into the caring relationship. Caregivers experience an open, non-judgmental and inviting atmosphere in which to discuss the benefits and challenges of care-partnering. With as much candor as they choose, caregivers are invited to exchange experiences and strategies in order to adjust to new roles and learn the importance of self care. Benefits include camaraderie, new energy and a renewed sense of well-being. The facilitator's role is to offer insight and guidance, and to honour all contributions.

For Caregivers Only is a Wellspring Calgary program designed to inform, nurture and refuel caregivers. The full-day session provides an opportunity for respite, education, the sharing of practical care-provision ideas, and the space for the evolution of mutual support for those providing primary care to a loved one with cancer. Facilitators offer a wealth of professional and personal experience and work to provide not only a day of care, but above all recognition and acceptance of the challenging nature of the caregiver's role.

Please see our *Program Descriptions* on our website: <https://wellspringcalgary.ca/what-we-offer/programs-overview/>

Facilitator Responsibilities:

- Lead Wellspring program(s) designated according to expertise, interest and abilities.
- Abide by the standards of leadership and policies outlined in Wellspring's Facilitator's Guide.
- Flexibility required to accommodate variance in scheduling, location and member registration.
- Maintain records (attendance, evaluations, program notes).
- Engage in training, including observation, auditing and co-facilitation as opportunities arise.
- Refer any issues or concerns that require follow up to the Centre Manager.
- Awareness of Wellspring's programs to promote and connect as the opportunity presents.

Working Relationships:

- This position reports directly to the Program Director.
- Collaboration with Program Coordinators and the team of Caregiving Facilitators for consistency and continuity.

Specific Competencies: Knowledge, Credentials, Experience

- Graduate of a recognized post-secondary institution.
- Health professional from relevant disciplines and a member in good standing with the governing associations with direct experience in wellness practices and supporting others (eg. nursing, social work, psychology, ministry).
- Experience/ training related to caregiving programming – relaxation, guided imagery, meditation, mindfulness practices with certification from recognized institutions as appropriate (eg. certification in yoga, healing touch, etc.).
- Three years of direct, professional leadership experience, specifically in group leadership and adult learning.
- Leadership experience in supporting individuals with significant emotional or physical health challenges to move towards experiencing greater health and wellness.
- Knowledge of emergency procedures including First Aid and CPR certification an asset.
- Online facilitation is an asset.

Background, Qualities & Personal Characteristics:

- Skill in creating and recognizing a safe environment with high levels of trust.
- Excellent facilitation and leadership skills showing an appreciation of the balance between leadership, guidance and group exploration.
- Adept in the art of facilitating open group discussion, exploration and sharing, while encouraging individual strength and celebrating the group as a healing community.
- Broad understanding and acceptance of a variety of spiritual paths.
- Skill in adapting structural content of program with flexibility and creativity.
- Lifelong learner and contributor.
- Able to put personal beliefs aside to maintain neutral, non-judgemental, open and creative style of discourse.
- Exceptional verbal communication and listening skills.
- Respectful, caring and compassionate presence.
- Flexible and reliable.
- Sense of humor and collegiality.