



## Peer Support Volunteer

### **Purpose of Position:**

Peer support volunteers provide support to Wellspring members by offering information based on their own “lived” experience as a cancer survivor or as a caregiver. They also provide information about programs and services offered by Wellspring and resources in the greater cancer community.

As the point-of-entry to Wellspring, peer support volunteers guide in the selection of programs based on a combination of the needs, interest, time, and energy of the member. Through check-in phone calls peer support volunteers assist Wellspring members in finding appropriate programming and, ultimately, to transition into community programming when they are ready to step away from Wellspring.

### **Responsibilities:**

- Provide a warm and reassuring welcome to our members.
- Provide confidential emotional and support to patients or their family members.
- Listen in an empathetic manner to the members’ circumstances and experiences with cancer.
- Help normalize feelings and experiences through reassurance and sharing information about common responses to the diagnosis of cancer.
- Share information about their own lived experience when appropriate.
- Offer tips and strategies related to their lived cancer journey as a point of reference but, not prescriptive in nature. This may include scheduling daily activities to best manage fatigue, or ways to prepare or serve foods to help maximize nutrition intake during treatment.
- Share information of Wellspring’s programs and services.
- Using the navigation tools, guide the new member in the selection of programs based on a combination of the needs, interest, time, and energy.
- Assist members in registering for programs or accessing services via our on-line registration system.

### **Required knowledge, skills, and abilities:**

- Must be 18 years of age or older.
- Have a lived experience as a cancer patient or the caregiver of a cancer patient.
- Be post-treatment and no longer using Wellspring programs for their cancer support needs.
- Complete the Wellspring volunteer onboarding process, which includes:
  - Interview
  - Reference check
  - Police record check, including vulnerable sector (Wellspring to reimburse cost incurred)

### **Training requirements:**

- Completion of peer support training sessions (including in-home and online facilitated learning).
- Online Wellspring orientation.
- Completions of three buddy shifts.
- Attend bi-monthly peer support meetings.
- Ongoing in-service training as offered.

**What's the commitment?** Peer support volunteers are asked to commit to 2-4 hours a week. While we understand that personal circumstances might change, we ask that you do your best to commit to the role for a minimum of one year.

**To apply:**

To apply, complete the [Wellspring Volunteer application form](#) and we will be in touch soon.