

MDABC Support Group Facilitator Volunteer Job Description

The MDABC psychiatric clinic is located on Robson street in downtown Vancouver and the Counselling and Wellness Centre is on West Pender Street in downtown Vancouver. MDABC is a nonprofit organization that provides treatment, support, education, and hope of recovery for people living with a mood disorder or other mental illness.

Major Objectives of an MDABC Peer Led Support Group

- To help reduce the stigma around mental health concerns by offering a warm, confidential space to discuss concerns related to mood disorders or other mental illnesses
- To introduce MDABC programs and services to support group attendees
- To facilitate the exchange of informal education to support group attendees
- To encourage all support group attendees to become MDABC Members.

Major Responsibilities

- Hold regularly scheduled support group meetings
- Attend initial training, upgraded annual training and other training events
- Answer questions and provide comprehensive information about MDABC programs and services
- Ensure administrative tasks (time keeping, sign in sheets, stats) are complete
- Communicate with the MDABC office on a regular basis via email

Qualifications

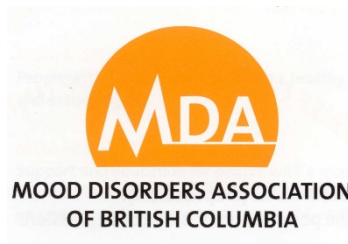
- Lived experience as a person with a mood disorder or experience as a caregiver to someone with a mood disorder
- Confidence when dealing with the public in person
- Warmth and compassion for people with mental health concerns
- Passing a criminal record check (at MDABC expense)
- Desire to become very familiar with MDABC programs and services
- Excellent communication skills and/or the desire to learn these skills

Training/Preparation

- Initial training day for all new MDABC Facilitators
- Annual updated training
- New Facilitators are paired up with a current Facilitator in an established group
- All MDABC volunteers have opportunities to attend Volunteer Training Sessions.
- Self-study to learn about the organization's programs and services

Time and Place

- Support groups are held in various locations throughout the province.



- Commitment is two hours on a regular basis to hold the meeting and approximately one hour per month outside of group time for administrative tasks and communication with the MDABC
- Groups may be held during regular business hours M-F, during the evening or possibly on weekends

Length of Commitment

- All MDABC volunteers are asked to make a one- year commitment to any volunteer position.