

## WESN Senior Peer Support Program

Position Start Date **September 2014**

### Description & Link to Mission

West End Seniors' Network improves the quality of life of adults aged 55+ by providing social, educational and recreational programs and services that foster connection and inclusion in the broader community.

The Senior Peer Support program benefits seniors who are experiencing difficulty coping with life stressors (illness, mild depression, isolation, loss). Qualified volunteers provide seniors with confidential, nonjudgmental emotional support and encouragement, as well as with information and referral to community resources. Volunteers undergo intensive training and are supervised by and report to a Program Coordinator.

### Qualifications

- Age 55+
- An understanding of seniors needs and experiences
- An understanding of and/or experience working in a confidential environment
- Friendly and patient personality
- Good listening skills
- Able to navigate around the West End independently
- Comfortable working with diverse members of the community
- Basic computer skills
- Flexible schedule
- English speaking, writing and reading skills – additional language(s) an asset (Spanish, Farsi, Mandarin, Russian, Korean)
- An Interview and criminal record check will be required

\*We encourage Individuals from minority groups to apply

### Benefits & Recognition

- Make a positive difference and contribute to the health of your community
- Support senior peers living in your community
- Gain and enhance peer counselling and problem solving skills
- Undergo unique and specialized training
- Be invited to volunteer appreciation events
- Upon request, a reference letter after 6 months of dedicated service

Number of Volunteers Required 10-15

### Time & Day of Volunteer Engagement

Daytime; Weekdays

### Work Location

- Out in the community
- Client's home
- Kay's Place, Denman Place Mall

### Contact

Mhairi Campbell  
(604) 669-5051  
[volunteers@wesn.ca](mailto:volunteers@wesn.ca)