

1:1 Peer Support Program Volunteer

Volunteers are at the heart of the MS Society. Join an exciting, dynamic and diverse organization that is committed to improving the lives of Canadians with multiple sclerosis and accelerating the high-quality research for a future free of MS.

The 1:1 Peer Support Program invites applications from interested volunteers who are living with MS, or are caregivers and loved ones of people with MS. We are looking for individuals who are at a place in their own experience where they feel they can effectively support others.

The 1:1 Peer Support Program is a telephone and internet-based program for individuals living with MS, and for caregivers and loved ones of people with MS. Your match may be newly diagnosed, may have a specific question, or may be dealing with challenges related to MS. Sometimes the best person to talk to is someone who has had similar experiences.

Perform your own #ActsofGreatness

What you would be responsible for:

- Develop a peer support relationship with a peer by engaging in regular contact and providing the following as needed: a) emotional support; b) referral and resource information; c) practical suggestions and coping skills
- Maintain contact for 6 months (unless extenuating circumstances arise), and communicate by agreed-upon methods (phone, email, etc.) at mutually agreeable times
- Refer issues that are beyond the parameters of the volunteer position back to the Coordinator, so that resources can be provided, and problems can be resolved
- Maintain an ongoing professional relationship with the Coordinator, who is a resource for both the volunteer and the peer
- Be aware of limitations and maintain personal boundaries, and respect the boundaries of the peer receiving support
- Complete all applicable training and forms, including a criminal background check
- Comply with the MS Society's policies, procedures and protocols
- Track the approximate number of hours spent providing peer support per month, and follow up with the Coordinator on a monthly basis
- Communicate urgent needs and issues immediately to the Coordinator

- Agree to a one-year volunteer commitment once trained and matched with a peer

Interested? Here's what we're looking for:

- You are 18 years or older;
- You are either:
 - Diagnosed with MS (or an allied disease)
 - A caregiver (family or friend) for someone living with MS (or an allied disease).
- You are at a point in your journey where you can provide support to others;
- You are available to participate in online volunteer training;
- You can agree to a one-year minimum commitment to the program from the time you have completed training and screening.
 - Willingness to sign volunteer and confidentiality agreements
 - Willing/able to submit documents for a criminal records check (CRC) before starting as a volunteer (must be renewed every three years). The MS Society will process the check at no cost to you.

Support & Resources:

- Role Specific Training
- Access to our tools, resources and information through MS Society staff
- Consistent communication with MS Society Staff and role support.

Why Volunteer:

- Develop strong communication, and interpersonal skills.
- Contribute your time to an important cause and see your impact in peoples' lives.
 - Obtain a reference letter and develop work experience
 - Build a strong network and develop meaningful connections within the MS community
 - Gain valuable experience in the non-profit/health services sector

Time Commitment:

- Minimum 1 year (2 matches commitment)
- 3-4 hrs per month per peer
- Flexible

Join us to #endMS! **Sign up to volunteer today** and help create positive change. Please direct all applications to Jessica Faulds, Coordinator of National Programs and Services, at Jessica.Faulds@mssociety.ca.