



## PAIN SUPPORT AND WELLNESS GROUPS: VOLUNTEER FACILITATOR ROLE DESCRIPTION

Pain BC is looking for volunteer facilitators to co-lead/facilitate in-person Pain Support and Wellness Groups in various communities across the province (see list of proposed communities below). As a volunteer, you will receive thorough training and educational materials from Pain BC, as well as ongoing support from Pain BC staff to facilitate the group in your community.

Pain Support and Wellness Groups offer an opportunity for people living with persistent pain to meet on regular basis to learn about self-management of pain, receive support and provide support by sharing knowledge, experiences, coping strategies, and offering understanding.

Groups meet on the second and fourth Tuesday of each month with alternating afternoon and evening sessions. Each 2-hour session allows participants to share their experiences, discuss self-management skills and take part in gentle movement exercises as a group.

Pain Support and Wellness Groups are currently being offered in the following communities:

1. Chilliwack
2. Fort St. John
3. Kelowna
4. Maple Ridge
5. New Westminster
6. Quesnel
7. Salmon Arm
8. Trail
9. Vancouver
10. Vernon
11. Victoria

## REQUIREMENTS

- 19 years and older
- Lived experience with chronic pain

- Must have a computer with internet access

## ROLE AND RESPONSIBILITIES

- Facilitate regularly-scheduled (twice-a-month) peer support group meetings
- Bring program materials, take attendance, keep track of time and coordinate logistics
- Maintain a safe, welcoming and supportive environment
- Clearly state group objectives and ground rules
- Empower participants by discussing the important role they play for themselves and each other
- Involve participants through invitation and inclusion
- Initiate, clarify and summarize discussions as required
- Connect support group participants through discussion about shared common experiences
- Provide support and guidance to participants, facilitate conversation and encourage problem-solving and support among members
- Manage presentation of educational and movement activities
- Complete personal review of materials and preparation as required
- Engage in ongoing reflection and skill-development
- Collect evaluations from group members and provide feedback to Pain BC staff to improve and evaluate this program
- Attend all required facilitator training, information meetings, individual and group debrief sessions
- Attend peer facilitator training (30+ hours of online and in-person training sessions)
- Time commitment after the training is 6 to 10 hours per month for 6 months:
  - Each support group session will be held for 2+ hours
  - Travel and set up/clean up time plus
  - Weekly or biweekly debrief time with Pain BC staff

## DESIRED QUALITIES

- Committed to supporting people with pain to live well
- Attentive, encouraging and solution-oriented
- Open-minded and inclusive
- Ability to collaborate with a co-facilitator
- Proactive, responsible and organized

- Previous experience as a support group participant or facilitator is an asset
- Proficient in English (verbal and written)
- Computer competence
- Respect for diversity
- Cultural awareness and sensitivity
- Respect for boundaries of the position

## BENEFITS

- Play an integral role in helping others to positively self-manage their chronic pain
- Learn communication skills and knowledge about chronic pain that can be used in your own life
- Gain experience in group facilitation
- Connect with others living with chronic pain and build community
- References will be provided on request after completion of the term

## APPLICATION PROCESS

- Submit the application form
- Participate in a video interview with Pain BC staff
- Go through a criminal record check
- Complete Pain BC's Peer Facilitator Training Program
- Work in a collaborative and collegially fun atmosphere