

Fraser Health Youth Peer Support Worker Training

*Peer Support is a natural way of supporting our peers through difficult times by sharing experience and being able to say
"I've been there"*

If you are a young person who has faced mental health and/or substance use challenges, you can use your experience to help others in their wellness journey.

Criteria for applying:

Youth/Young adults between the ages of 18-27 who:

- ✓ Have lived/living experience with mental health and/or substance use challenges
- ✓ Have a minimum of 6 months reasonable wellness, a personal wellness plan, and a support network so they can take on the responsibilities of supporting youth
- ✓ Are open to sharing aspects of lived experience with service providers, young people, and families
- ✓ Have a passion for developing new relationships and spending time with youth and young adults
- ✓ Have good communication and time management skills
- ✓ Have regular access to a computer and check email regularly
- ✓ Are able and willing to travel in the Fraser Health region, including Maple Ridge and Pitt Meadows, multiple times a week
- ✓ Are able and willing to make a commitment to:
 - Ten week hybrid (in person and on Zoom) training program (2 days per week, 3 hours per day)
 - Sixty (60) hour practicum working with youth within the Fraser Health region following completion of training (5-10 hour time commitment per week)

What you need to know:

- ✓ Application & reference forms
- ✓ Applicants will be interviewed prior to acceptance into the training
- ✓ Opportunity for a paid job contract following successful completion of the practicum (up to 100 hours)
- ✓ A criminal record check is required as this training involves working with vulnerable youth and young adults. Information on obtaining a criminal record check will be provided upon acceptance to the training
- ✓ **As per the guidelines set by the Provincial Health Officer all successful applicants will be required to have their second dose of the COVID-19 vaccine and documentation**

For more information, please email: youthpeersupport@fraserhealth.ca