

Fraser Health Youth Peer Support

Use *your* lived experiences to support *other* youth by becoming a Peer Support Worker'



What You'll Bring

- ✓ Be between the ages of 18-27 years old
- ✓ Lived/living experience with mental health and/or substance use challenges
- ✓ Minimum six months reasonable wellness and a strong support network
- ✓ Passion for developing new relationships and spending time with youth and young adults
- ✓ Regular access to a computer and check email daily
- ✓ Able to commute in the Fraser Health region

CONTACT
youthpeersupport@fraserhealth.ca

What We Offer

Opportunity to learn how to provide social and emotional support to young people experiencing mental health challenges

10 week training (Two days/week for 3 hours/day)

60 hour practicum (5-10 hour time commitment/week)

Opportunity for a paid Youth Peer Support Worker job contract following successful completion of the practicum (up to 100 hours)



Integrated
Child & Youth
Teams



COAST
MENTAL HEALTH



Foundation