

## Help change a life... become a Peer Support Counsellor!

*We need volunteer Peer Counsellors who identify as African/Caribbean/Black to offer support and mentorship to our Peer Support Program participants.*

Black citizens experiencing challenges in life often encounter obstacles in seeking support. Finding a therapeutic outlet that is accessible and culturally responsive can be difficult, even in a metropolis as diverse as the GTA. Care Masters offers clients one-to-one mental wellness support using empathic listening techniques and transformational interventions that are designed to address issues and experiences impacting members of the ACB community.

Our Peer Support Program matches clients with volunteer Peer Support Counsellors (PSC) who share common lived experiences. A PSC offers a safe, non-judgmental space to share and discuss issues impacting the mental wellness of our clients. They can provide valuable resources, self-care strategies and referrals to registered mental health services in the community.

It's as simple as one phone call a week. Just being there to listen is enough. Your support allows our clients to find power in vulnerability, build confidence and resilience and improve their mental vitality. Only 1 hour per week can make a world of difference. All services are provided virtually for the safety of all staff, clients and volunteers.

- No previous counselling experience required. Training provided.
- Male and female counsellors needed, aged 25-50
- Must identify as African/Caribbean/Black
- Survivors of trauma, abuse, racism, harassment, bullying, etc. strongly encouraged to apply
- Social work / healthcare background an asset

To apply, send your resume to Natalie Edwards at [natalie.edwards@caremasters.ca](mailto:natalie.edwards@caremasters.ca)

### Connect Online

Website

[www.caremasters.ca](http://www.caremasters.ca)

Skills

Crisis Intervention Family Therapy Event Management Mental Health Interactive/Social Media/SEO Donor Relations Finance

Interests

Visible Minority Rights Women's Rights Family Services Mentoring Crisis Intervention Support Groups

This volunteer opportunity by

