



Borderline Personality Disorder Society of BC

Position Title: Peer Support Group Facilitator

Reports To: Volunteer Manager

Position Type: Volunteer

Closing Date: None – applications reviewed on a rolling basis.

About Us:

The Borderline Personality Disorder Society of BC is a grass roots, volunteer driven charitable organization founded in 2012. Our mission is to provide education and support for people living with borderline personality disorder (BPD), their family members and friends; to increase awareness to the community at large throughout BC; and to promote research about BPD. We are a passionate team dedicated to filling in gaps in service, reducing stigma, and providing affordable evidence-based treatment and peer-led support groups to people living with BPD and their loved ones.

Role Overview:

The BPD Society of BC is seeking passionate, committed and well-organized volunteers to facilitate a peer support group for individuals living with borderline personality disorder (BPD). Successful candidates for these voluntary roles will have direct lived experience of BPD or be a loved ones of a person living with BPD. As a Peer Support Group Facilitator, you will play a vital role in creating a safe, supportive, and non-judgmental environment where participants can share their experiences, build connections, and find hope. The responsibilities of successful volunteer peer support facilitators will include working with other peers to deliver support group meetings based upon a peer model; attending pre- and de-brief meetings; and maintaining clear and consistent communication with the team.

Target Groups for Recruitment:

Currently, we are especially interested in hearing from potential volunteers for the following groups:

- Vancouver.
- Kelowna.
- Nanaimo.

However, we continue to accept expressions of interest for potential volunteers for any of our groups virtually or throughout BC. Additionally, if we do not host a group in your region, you are welcome to indicate the area of interest when applying.

To find out where our peer support groups currently operate, please refer to our [website](#) for the most up-to-date list.

Key Responsibilities:

Although not an exhaustive list, our volunteer Peer Support Facilitators can expect to be responsible for:

- Co-facilitating regular peer support group sessions (in-person or virtual).
- Creating a welcoming, inclusive, and empathetic space for all participants.
- Preparing and organizing the group space (e.g. set up and cleanup).
- Establishing a supportive and teamwork-oriented attitude to their roles.
- Encouraging validating dialogue and mutual support among group members.
- Attending pre- and de-brief before and after each meeting.
- Providing availability and maintenance of scheduling commitments and communicating in advance if changes need to be made to the schedule.
- Maintaining confidentiality and upholding ethical peer support principles.
- Collaborating and communicating regularly in an effective manner with team members and the Volunteer Manager and attend
- Participating in bi-annual supervision meetings and regional team meetings
- Reporting concerns to Volunteer Manager and completing incident reports as needed (e.g., safety issues, breaches).
- Modelling healthy limits, emotion regulation, and skillful communication.
- Sustaining support group structure, comfort agreement and time management

Duties vary between the in-person and virtual groups, and orientation towards these details will occur during our mandatory training session.

Qualities, Skills & Experience:

- Lived experience with BPD or a loved one (family member, partner, friend).
- Empathetic, validating, and non-judgmental.
- Excellent active listening and communication skills.
- Comfortable speaking in a group and facilitating conversations.
- Understanding of trauma-informed and recovery-oriented principles is an asset.
- Previous peer support or mental health volunteer experience is an asset.
- Willingness to complete facilitator training and onboarding process.
- Alignment with the core values & beliefs of the Society and peer support model.
- Dedication to the role and balance between other commitments.
- Professionalism and reliability.
- Strong teamwork skills such as mutual respect, trust, openness to feedback, problem solving and conflict resolution.
- Effective time management skills.
- Commitment to self-care, wellness, and critical self-reflection.

For more information on our values, core beliefs, and qualities of facilitators we look for, please review [here](#).

Time Commitment:

5-10 hours per week (includes group session and preparation/check-in with co-facilitators).

A minimum 1-year commitment.

Process Overview & Prerequisites:

To become a Peer Support Group Facilitator with us, you must:

- Have attended **at least 1 or 2** of our peer support groups in your region of interest.
- Registered your interest through the survey below and participated in a casual screening meeting with a member of our team.
- If invited to proceed, you must participate in a **mandatory** training session, held on the second Saturday of each month, via Zoom, between 1-5pm (PST).
- Following completion of the training, you will be required to undergo a period of shadowed practice sessions for each of the three roles.

Benefits:

- Make a meaningful difference in the lives of people living with BPD.
- Gain experience in peer support, group facilitation, and mental health advocacy.
- Be part of a compassionate and supportive volunteer team.
- Enhance your own recovery and interpersonal skills.

How to Apply: If this position sounds like a great fit for you, you may register your interest by completing our brief [survey](#), after which a member of our team will be in-touch to schedule an initial meeting. **Applications to join one of our regional teams are reviewed on a rolling basis.**

If you have any questions or concerns that are not addressed by the information in this job description, please email Jay Cavanagh (Volunteer Manager) at volunteer@bpdbc.ca.



BPDBC is an equal opportunities employer and enthusiastically welcomes applications from all suitably qualified persons regardless of race and ethnicity, religion, disability, sexual orientation, or gender identity. We value the diversity of the communities we serve and are committed to engaging and developing an inclusive workforce. We encourage people with lived experience of BPD to apply for positions. Should you require accommodation in order to participate in the hiring process please let us know.