



## Group and individual Peer Support Volunteers Agreement

VHL Canada offers group and individual support for peers and active listening from trained peer support volunteers on a confidential basis. They do this through various ways like email, individual messaging, online groups or group chats, and phone calls. They are not counsellors, but rather folks who will serve as senior peers who are part of a mutual-aid process with peer-equals. They will especially attend to the principles of positive (“good”) group membership as well as offer supportive listening and share their experience and resources that they have found helpful, as well as suggest other services when appropriate.

Duties include:

- Formal training TBD
- Be aware of self-care
- Participate in regular “administrative” support with a designated volunteer coordinator
- Through assigned reading, become familiar with various topics or concepts related to stress response management
- Commitment to a minimum of a 1 year commitment (may be “back-up” only)
- Fulfill other duties as required and contracted

Volunteers must have lived experience with chronic illness like VHL as a patient or caregiver. In addition, you will have a related professional background with college/university education and many years of work experience.

I agree to being a peer support volunteer for groups and individuals as described here and in other relevant documents.

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Sign, print, date

Apr '17