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## Programs – Support Group Facilitator

Life takes unexpected turns: our senior adults may be struggling with illness, may have lost a loved one, or needs a safe space. Support groups help bring struggling community members together, and ensures that they feel supported. If you want to make an immediate impact as a supportive and compassionate volunteer, consider peer leading one of our support groups!

### Responsibilities:

- Plan, schedule, and facilitate support group with interested senior adults.
- Before each session, be the lead contact for group attendance, group set-up, and set-down.
- Prepare any needed program materials and distribution of those materials.
  - Depending on your one-time program, NESCO may have materials you can utilize. Coordinate with our Programs Manager to see what is feasible/available.

### Commitment:

- Dependent on the volunteer's schedule and length of proposed group. NESCO currently offers the following support groups, but interested volunteers are encouraged to create their own:
  - Heartland Hospice's *Just For Men!*
    - 4th Wednesday of every month.
  - Madison Vet Center's *Veteran's Discussion Group*
    - 10:30 AM – 11:30 AM, 1<sup>st</sup> Tuesday of every month.

### Requirements:

- Possess good communication and listening skills, as well as good organizational skills.
- Comfortable facilitating groups and interested in building relationships with senior adults.
- Based on the group, facilitator should either self-identify with the group and is living well or demonstrates experience with the topic.
- Show empathy and understanding when working with senior adults, and able to keep confidentiality.

### Benefits:

- Recognition at our Annual Volunteer Recognition Celebration.
- If you are over age 55, also an opportunity to affiliate with the Retired Senior Volunteer Program of Dane County (RSVP).

The Coalition does not discriminate on the basis of age, race, ethnicity, religion, color, gender, physical handicap, marital status, national origin or ancestry, cultural differences, physical appearance, sexual orientation, arrest or conviction record, income level or source of income, student status, political beliefs, military participation or membership in the national guard, state defense force, or any other reserve component of the military forces of the United States, or less than honorable discharge.