



Peer Support Worker Perinatal Mental Health Peer Support Program

Calling all caring and compassionate individuals in **Alberta!**

We're seeking a dedicated Peer Support Worker to join our Perinatal Mental Health Peer Support Program. This program has been thoughtfully designed to provide a safe and inclusive space for families from diverse backgrounds. Our mission is to offer individualized phone support to parents, providing a helping hand to those facing perinatal mood disorders.

We actively welcome applications from individuals and communities who are currently underrepresented in our organization. We particularly welcome applications from minority ethnic communities, including but not limited to Asian communities (such as South and Southeast Asian backgrounds), South American communities, Indigenous communities, and Middle Eastern communities. We are committed to fostering diversity and inclusivity and value the unique perspectives and experiences that each individual brings.

Here's what you can expect to do day-to-day:

- Embrace and uphold the values and policies of Families Matter
- Provide individualized perinatal mental health support to parents on the phone on a weekly basis.
- Regular data entry to measure program efficacy and ensure accurate tracking.
- Utilize engagement tools like Edinburgh, Perinatal Anxiety Screen Scale, and Outcome Star to identify family needs and track progress, ensuring our support is tailored and effective.
- Provide supported referrals to community services and resources as required
- Engage in on-going core training and professional development.
- Participate in regular engagement and monthly supervision with Manager/Supervisor of Perinatal Mental Health Programs at Families Matter, promoting open dialogue and reflection on peer practice
- Flexible hours, including evening and weekends may be required to accommodate different schedules

Skills and Qualifications

- Successful completion of the 24 hours of Perinatal Mental Health training provided by Families Matter
- We highly value the importance of having lived experience, especially those related to mental health struggles in the Postpartum period, or experience of a family member with mental health challenges. Your valuable insights and empathy will play a pivotal role in creating a nurturing and understanding environment for those in need.
- Well-developed interpersonal, and relationship-building skills; ability to establish rapport and excellent communication with families
- Strong time management and organizational abilities
- Creativity, energy and a sense of fun, recognizing the importance of a positive and engaging approach
- Be in a positive state of recovery with a personal commitment to self-care through stress management and resiliency strategies to maintain health and wellbeing
- Completion of a criminal record check and a child intervention check with satisfactory results, in line with our commitment to providing a safe and secure environment for everyone.

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Web: www.familiesmatter.ca

Charitable registration #140746686RR0001

Here's a sneak peak of what's waiting for you:

- Free training and continued development of skills
- A positive and vibrant workplace, surrounded by a team of skilled and enthusiastic leaders and service providers, all cheering for your success!
- Work-life balance
- Special honorariums to show our appreciation for your valuable time and commitment

Join our incredible team and make a meaningful impact in the lives of families across Alberta. Together, let's create a nurturing environment where every voice is heard, valued, and appreciated. Come be a part of our Perinatal Mental Health Peer Support Program and let's make a difference together!

Please contact the Manager of Perinatal Mental Health Programs for further questions or to set up an interview.
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