



Peer Support Worker Perinatal Mental Health (PMH) Peer Phone Support Program

We're seeking a dedicated Peer Support Worker to join our Perinatal Mental Health (PMH) 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 PMH challenges after the birth of a baby.

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

- Embrace and uphold the values and policies of Families Matter.
- Provide individualized PMH peer 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.
- Participate in regular engagement at Community of Practices (COP) and check-ins with program supervisors, promoting open dialogue and reflection on peer practice.
- Flexible hours, with the ability to support anywhere from 1 – 5 families.
- Honorariums: an honorarium system has been established to express appreciation for your contribution to the Peer program.

Skills and Qualifications

- Successful completion of the 24 hours of PMH training and practice calls provided by Families Matter.
- In following the peer model set forth in this program, it is necessary to have lived experience, especially those related to mental health struggles in the Postpartum period.
- 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 prior to starting in the role.

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 Supervisor of Perinatal Mental Health Programs for further questions or to set up an interview.

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