

# CCC Ministry Position Description – Mental Health Ministry

## Anchor Support Group Peer Facilitator

**Purpose:** To co-facilitate an Anchor Support Group 1-2x/month for adults impacted by mental health issues.

### Responsibilities:

- Complete 6-hour online facilitator training through My Quiet Cave Ministries, Soul Shop Suicide Awareness Training & in-person Anchor Group shadowing/attendance.
- Review & prepare for group meeting 1-2x/month with Co-Facilitator, rotating with one other facilitation team, if available, to provide group meetings 2x/month.
- Act as the safety net & guide for the group, providing opportunities for group members to share, follow group boundaries, be mindful of group dynamics & development, listen without bias, validate others' experiences & emotions & model Christ's unconditional love for those present.
- Foster community beyond the group time, including praying regularly for group participants & checking in as needed.
- Check in with Ministry Coordinator as needed communicating additional needs or support.

### Specific Position Qualifications:

- Has an intimate relationship with Jesus Christ as their personal savior, knows their identity is alone in Him and continually abides in Him.
- Has lived experienced of mental health struggles & is on a path to wellness, managing their challenges in a healthy & productive way.
- Connects with others as a peer who has also experienced the pain of mental health struggles.
- Is willing to share struggles as it benefits the group to encourage a safe & open group dynamic but not necessarily to facilitate their own healing.
- Displays integrity, sensitivity and confidentiality, treating each person with respect.
- Is teachable and dependable.
- Is 21 years or older.
- Completes volunteer application and background check.

**Time Commitment:** Approximately 2-3 hours per month, plus planning/prep time

**Length of Commitment:** 12 months, renewable by mutual agreement

**Success Measures:** Successful and timely completion of above responsibilities

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