



Good Grief Companion

2022 Volunteer Job Description

Position Title	Good Grief Companion
Supervisor	Katie Bakken, Community Engagement Facilitator (Katie@friendsoffishcreek.org)
Good Grief Program Description (part of the Wellness Program)	The Friends of Fish Creek, Mount Royal University and Alberta Parks have partnered to offer <i>Good Grief: Nature Walking Through Grief and Loss</i> . This program targets people working through a significant life transition and who may benefit from a shared experience in nature with others on a similar journey. <i>Good Grief</i> is intended to create a space for participants to grieve, mourn, discover and heal through connecting with the park landscape, its natural cycles and each other. It is not a medical or counselling-based program, although experiencing the support of nature and community may have therapeutic benefits.
Overall Role of Good Grief Companion	To provide a safe and supportive park experience for program participants who are experiencing grief or loss.
Desired Outcomes	<ul style="list-style-type: none"> • Creation of an emotionally-supportive community via shared experience • Heightened awareness of natural/historical/cultural or other features in the park that encourage participants to return to visit the park on their own time • Continuation of participant relationships formed through this program via Friends' support and direction
Tasks & Responsibilities	<ul style="list-style-type: none"> • Sign up for shifts and log hours using <i>MyIMPact</i> • Participate in the completion/review of the <i>First and Last Five Minutes</i> forms for each shift • Interact professionally and compassionately with participants • Safely lead walks by following the planned route and using basic group management techniques, being aware of potential hazards associated with outdoor programs • Professionally represent the Friends • Manage participant sign-in and complete safety checklist and shift reports • Be emotionally and appropriately available to support participants while maintaining personal and professional boundaries • Facilitate connection between participants as needed as well as mini-activities (ex. encourage reflection, personal sharing, journaling, etc.) • Sharing program content (readings, poems, etc.) with the group • Picking up/dropping off program supplies before/after program outings
Requirements	<ul style="list-style-type: none"> • Complete Friends of Fish Creek Volunteer Agreement • Clear Police Information and Vulnerable Sector Checks (1st-yr vols only) • Carry fully-charged personal cell phone • Friendly, supportive and professional interpersonal skills • Ability to actively and compassionately listen without feeling the need to solve problems or offer advice • Basic computer/internet literacy and working email account • Reliable transportation and willingness to travel to different park locations • Ability to comfortably walk or wheel (for those using wheelchairs or walkers) 2-4km
Time Commitment	An average of 2-3 hours per week from October 19th to November 30th, including training and program outings
Training	Mandatory completion of <i>Good Grief</i> volunteer training
Evaluation	Ongoing and via participant Program Feedback forms. We welcome feedback from volunteers throughout the season and will send out a formal Volunteer Experience Survey at the end of the season.
Benefits	<ul style="list-style-type: none"> • Get involved in the Friends of Fish Creek community and meet new people • Play an active role in supporting the healing journey of program participants • Receive Voice of the Friends newsletter to stay informed about upcoming events & happenings in Fish Creek • Invitation to optional Friends of Fish Creek Volunteer Appreciation events