

You're Not Alone - Grief Connections Volunteer

You're Not Alone – Grief Connection (YNA) matches grieving adults with trained volunteers who have had a similar grief experience. Once matched, the grieving participant and trained volunteer meet regularly by telephone for up to a year, if needed.

As a volunteer, you will be the friendly voice on the other end of the line, letting your participant know they have support during a difficult time.

Right now, we need volunteers who have lost a spouse or partner and are now ready to lend support.

Can you answer “yes” to all these questions?

- Have you suffered a personal loss and are now ready to support others going through this journey?
- Can you listen without counseling or advising?
- Are you aware of personal boundaries?
- Can you maintain confidentiality?
- Are you non-judgmental and empathetic?
- Are you willing to ask for help if you have questions or concerns?

If you've answered “yes”, we are looking for someone just like you!

Other requirements:

- Good oral and written English skills
- An individual over the age of 18
- A police reference check
- Two references
- Ability to attend training and orientation (either via Zoom or in person)
- Willing to commit to a weekly telephone call with the participant
- Because of the training involved, we would like all volunteers to commit to one year with the program

Why should you volunteer?

- Flexible schedule
- Volunteer from home
- Know you are making a difference in the life of someone who is grieving

Time Commitment

Approximately one hour per week for 12 months.

If this looks like the position for you, contact **Betty George at 403 208 4208** or bgeorge@ahpca.ca to discuss further.

