

Role Description - Online Co-Facilitator for Men's Caregiver Support Group

NIED is hiring a male Online Co-Facilitator for our Men's Caregiver Support Group!

Are you passionate about supporting male caregivers of individuals with eating disorders? Do you have firsthand experience navigating the challenges of caring for a loved one with an eating disorder?

Our Men's Caregiver Support Group is dedicated to providing a safe and supportive space for male caregivers who are navigating the complexities of supporting loved ones with eating disorders. We believe in the power of peer support and shared experiences in fostering resilience and promoting healing within the caregiving community.

Role Description: As a Co-Facilitator, you will work alongside an experienced facilitator to co-facilitate bi-weekly support group meetings. These meetings will be held in the evening for two hours every two weeks, providing male caregivers with an opportunity to connect, share experiences, and access valuable resources in a supportive environment.

Key Responsibilities:

- Co-facilitate Bi-weekly Support Group Meetings for male caregivers of individuals with an eating disorder.
- Create a Supportive Environment: Establish a welcoming and non-judgmental atmosphere where caregivers feel comfortable sharing their experiences, concerns, and emotions related to supporting a loved one with an eating disorder. Address any conflicts or disruptions that may arise in a respectful and constructive manner.
- Provide Emotional Support: Offer empathy, validation, and encouragement to caregivers as they navigate the challenges. Validate their feelings and experiences while offering hope and reassurance.
- Offer Psychoeducation: Provide caregivers with information and resources about eating disorders, including symptoms, causes, treatment approaches, and recovery strategies. Help caregivers better understand their loved one's condition and how they can best support their recovery journey.
- Share Practical Tips and Strategies: Offer practical advice and guidance to caregivers on how to address specific challenges they may encounter, such as managing mealtimes, handling relapses, supporting recovery-focused behaviors, and accessing professional help.
- Promote Self-Care: Encourage caregivers to prioritize their own self-care and well-being, providing guidance on how to manage stress, set boundaries, seek support for themselves, and maintain balance in their lives while caring for a loved one with an eating disorder.

- Collaborate with the facilitation team to plan and implement group activities, guest speaker sessions, and educational workshops.
- Evaluate and Adjust: Regularly evaluate the effectiveness of the support groups through participant feedback, observations, and assessment of outcomes. Suggest adjustments to the format, content, or structure of the support groups as needed to better meet the needs of caregivers.
- Stay Informed: Stay updated on the latest developments in the field of eating disorders, caregiving, and mental health to provide accurate and up-to-date information to caregivers.
- Maintain confidentiality and create a safe, non-judgmental space for all participants to share openly and honestly.

Requirements:

- Strong organizational skills and ability to keep accurate records of group attendance and participation.
- Professionalism and reliability, acting as a representative of NIED and maintaining regular contact with the Program Lead.
- Familiarity with online communication platforms and virtual meeting software.
- Ability to commit to 6 months with a minimum of 5 – 10 hours a month (to be determined)
- While the frequency and time of groups will be determined and based on caregiver needs, the successful candidate should have some flexibility in their schedule in order to prepare for groups and attend meetings and training sessions.
- Commitment to NIED's mission to be a catalyst for change by making connections, educating, and taking action to address the needs of Canadians impacted by eating disorders. In all our work we strive to embrace our values of authenticity, empathy, optimism, respect, inclusivity and focus.

Benefits:

- Opportunity to make a meaningful difference in the lives of caregivers
- Professional development and training opportunities in facilitation and peer support
- Access to a supportive and inclusive community of caregivers, peers, and mental health professionals
- Flexible scheduling and the opportunity to contribute to a worthwhile cause on a part-time basis

If you are passionate about supporting caregivers and helping them navigate the challenges of caregiving for loved ones with eating disorders, we invite you to apply for the position of Online Caregiver Group Support Facilitator at NIED. Together, we can make a positive impact on the lives of individuals and families affected by eating disorders.

To apply, please submit a brief statement of interest to lynne@nied.ca outlining your relevant experience and why you are interested in joining our team as a Co-Facilitator. We look forward to hearing from you!