



Peer Connections Volunteer: Self Help Group Leader

Overview:

Self Help Group Leaders provide in-person and/or virtual connection within community groups that provide emotional support, education, and peer connections. Group leaders implement and guide peer led solution focused emotional support within their group setting while also providing organizational and logistical aspects of group facilitation and management.

Staff Contact:

Peer Connections Resource Team (PeerConnections@nmss.org) and assigned Staff Partner (*TBD*).

Key Responsibilities:

- Serve as a positive representative of and liaison to the Society within the community.
- Ensure that group meets in accessible and appropriate meeting space; determine meeting schedule; and communicate with group members in between scheduled meetings.
- Together, with group members, plan and implement meeting agendas, welcome new members, encourage participation and facilitate group discussions.
- Use the Society disclaimer and Diversity & Inclusion statement appropriately to guide group dynamic to provide a safe, supportive and inclusive space for participants.
- Communicate regularly with Staff Partner and Peer Connections Resource Team consistently and respectfully.

Education and Support:

- Required orientation training, including modules focused on: Welcome to the Society, Group Leadership, and Difficult Situations & Crisis Support.
- Attend a minimum of 2 Society-led training calls each year.
- Utilize resources provided within the [Group Leader Toolkit](#) and on the [Connections Volunteer website](#).
- Attend optional drop-in calls offered to provide ongoing support and networking opportunities to other Peer Connections volunteers nationwide.
- Optional support through [Connections Volunteers Facebook group](#).

Qualifications:

- Connection to MS (living with MS, spouse/support partner, parent, sibling or child w/MS).
- Maintain an active email address for communication with Staff Partner, Peer Connections Resource Team, and group members.

- Ability to manage individuals, groups and meeting agendas.
- Strong listening and communication skills; empathic listener and a desire to help others.
- Knowledgeable about Society resources.

Time Commitment:

- Uphold meeting cadence as agreed upon with Staff Partner (monthly, bi-weekly, etc.).
- Communication with group members and potential group members in between regularly scheduled meetings. Leaders are encouraged to set realistic limits on the time they spend during the month communicating with group members outside of the group meeting.
- Minimum of 1-year commitment.
- Time required will vary if there is shared leadership within the group.

Impact:

- Group leaders provide a local community presence for the National MS Society.
- Group leaders empower individuals to address MS-related life changes by providing emotional support.