

Job Title: Social Club Peer Mentor

Friends Life Community

Program Description:

Friends Life Community Social Club is a group of Friends who meet twice monthly for social outings around Nashville. Social Club members learn and apply important independent living skills—such as relationship building, budgeting, or how to use public transportation and ride share services (e.g. Uber or Lyft)—in a social setting with peers.

Volunteer Purpose:

Social Club Peer Mentors provide crucial peer relationships, social guidance, and an opportunity for skill-building in a small group setting (no more than 5) with our Friends—adults with intellectual and developmental disabilities (IDDs). Peer Mentors support the overall mission Friends Life Community, helping our Friends to develop socially, grow personally, and enjoy community as we experience life together.

Location:

Social Club structures programming around social outings throughout Nashville, and includes activities such as going to movie theaters, eating out at restaurants, attending local sporting events, and participating in special community events.

Key Responsibilities:

- Developing real friendships with our Friends through shared interests and experiences in order to enjoy life together and learn from each other
- Investing in relationships with our Friends to help them achieve greater independence and increase their opportunities for social interactions with others
- Providing opportunities and support for our Friends to work on their individual social goals in a safe and encouraging environment
- Modeling appropriate social behavior, including eye contact, introductions and greetings, and personal space
- Modeling age-appropriate communication and conversation skills, including staying on topic, asking questions about others, and taking turns in conversations, while providing an opportunity for our Friends to practice these skills as well
- Modeling how to appropriately navigate conflict or differences with peers
- Providing emotional support to our Friends
- Providing support to Friends Life Community staff in order to help our Friends achieve their social and personal goals

Time Commitment:

Social Club Mentors participate in Social Club once every other Saturday (2 times / month). In rare cases, Social Club Meetings will occur on other days of the week. Each Social Club meeting lasts 2-3 hours (max. 6 hours /month, total). Hours vary according to activity, but normally take place in the afternoon or early evening.

Qualifications:

- Mentors must be age 18+
- Minimum 3-month commitment, 2 x times per month
- Must complete volunteer orientation and training prior to attending meetings
- Awareness and ability to model appropriate social skills and interactions
- Ability to advocate for the best interests of others, and positively reinforce our Friends' self-advocacy
- Ability to maintain a patient, empathetic, and compassionate temperament
- Maintain a good sense of humor
- Ability to actively listen to and collaborate with others
- Focus on the development of cooperative friendships that are mutually beneficial
- Situational awareness and ability to redirect, when necessary
- Conflict management skills, when necessary
- Ability to remain flexible to changing situations
- Experience working with individuals with IDD's beneficial, but not required

Support:

Orientation and training for this position will be provided. Social Club staff will be present during all Social Club meetings and available to answer questions and provide assistance as needed. In addition, Friends Life Community's Manager of Operations will be available at any time to further answer questions, provide support, additional training, or feedback.

Social Club Peer Mentors are responsible for their own transportation and participation fees for any activity. Normal budget for a month's activities is anywhere from \$0 - \$30.