

PEER SUPPORT VOLUNTEER OPPORTUNITIES

Volunteer Opportunities:

- COPE Line Volunteer: Answers calls 1 day/week M-F 9am-9pm or Sat, Sun 10am-3pm
- COPE Peer Mentor: Schedules contact as needed with parents or siblings new to COPE

About Peer Support:

Peer support for people with similar life experiences can be tremendously helpful as they navigate through difficult situations in their grief journey. People who have experienced similar losses can relate better and offer more authentic empathy and validation. This can take the form of listening without judgment, sharing successful strategies for coping and “being there” so others do not feel alone. The volunteer offering support to newer peers has the opportunity to make and add meaning to their own grief journey and help them to rebuild their sense of community when they’ve had a disconnecting kind of experience.

What Peer Support Looks Like:

Volunteer Peer Support at COPE includes work on the COPEline or as a Peer Mentor. In either capacity you will be able to share your knowledge and experiences to help another grieving parent or sibling to integrate their loss into their lives. This most certainly will include experiences and information that professional helpers may not have. Through empathetic listening and encouragement, Peer Mentors are an integral part of helping others to cope with social or emotional impact of their loss. Peer support can take many forms – phone calls, text messaging, group meetings, home visits, going for walks together, and even grocery shopping. It complements and enhances the other supports COPE makes available (support groups, integrative healing workshops, etc.).

What Peer Support is Not:

Peer support does not replace the need for professional interventions. COPE’s Peer Mentors and CopeLine Workers are supported by the Clinical Director, Executive Director and Chair of COPE’s Volunteer Initiative. It is meant to be a way to connect and to offer additional support or direction for those newer to navigating loss. Boundaries are an essential tool for our volunteers; knowing when you have given enough is a key element in our volunteer’s toolkits.

What You Need to Offer Peer Support:

- Willingness to listen
- Desire to support
- Time and commitment
- Respect for confidentiality
- Appropriate recovery time (at least one year)
- Interest in ongoing education

If this sounds like you, please complete our volunteer application. [\[hyperlink to PDF\]](#)