



UNIVERSITY OF
CALGARY

Faith and Spirituality Centre
Peer Support and Outreach Team
Peer Helper

Position Title:	Peer Support and Outreach Team Peer Helper
Department:	Faith and Spirituality Centre
Term:	Winter 2026
Hours:	2 - 4 hours/week; minimum of 10 hours per month
Length of Position:	Jan. 24 – Apr. 14, 2026 (New Volunteers) Jan. 12 – Apr. 14, 2026 (Returning Volunteers)

This is a competitive student leadership volunteer opportunity open to all University of Calgary students.

POSITION DESCRIPTION

The Faith and Spirituality Centre (FSC) is seeking dedicated, compassionate, and committed individuals to join our Peer Support and Outreach Team. This volunteer role focuses on providing peer-based support through active listening, shared experiences, and empathetic communication to help UCalgary students feel heard, supported, and hopeful. Team members offer general peer listening and may refer students to appropriate faith representatives or additional resources as needed. In addition to providing direct peer support, volunteers also lead outreach and engagement initiatives to raise awareness of the FSC, its programs, and peer support services across campus.

TASKS AND RESPONSIBILITIES

Work closely with Team Leaders and FSC Staff for the following:

- Provide peer-to-peer support and make referrals as needed
- Share information about campus resources and support services
- Promote the FSC, its programming, and peer support services across campus
- Provide peer support at campus events upon request
- Welcome visitors to the FSC, provide tours, promote the FSC and its activities, and work to engage Peer Helpers
- Assist staff with event publicity, planning, and implementation
- Complete other duties as assigned

Important Note: Volunteers do not offer counselling or mental health advice. All volunteers are trained in referral practices and supported in their roles by FSC staff and team leaders.

COMMITMENT

- Minimum 10 hours per month, including:
 - **2-hour weekly** shift at the FSC
 - **2 – 3 hours** of outreach activities
- In addition to a minimum of 10 hours per month, the attendance of following meetings and orientation is required. Please note that applicants who cannot attend the required meetings and training will not be able to volunteer during the winter 2026 semester and will be asked to re-apply in the fall 2026 semester.
 - Mandatory trainings:
 - **FSC Peer Helper Orientation:** Saturday, Jan. 24, 1 – 5 p.m. (In-person)
 - **Community Helpers Training for Peer Supporters on Campus:** Tuesday, Jan. 27, 5 – 8 p.m. (In-person)
 - **Suicide intervention training** (LivingWorks Start, QPR or ASIST)

- **Mandatory team meetings** (in-person at the FSC):
 - Saturday, Jan. 24, 5 – 6 p.m. (immediately after the orientation)
 - Friday, Feb. 6, 5 – 6:30 p.m.
 - Friday, Mar. 6, 5 – 6:30 p.m.
 - Friday, Apr. 3, 5 – 6:30 p.m.
- Regularly check Microsoft Teams and/or email for updates and communication
- Complete a mid-semester check-in with volunteer team leaders or staff
- **Availability during weekdays, 8:30 a.m. – 4:30 p.m.** (most shifts and volunteer activities occur during this time)
- Log volunteer hours on MyImpactPage
- Complete 1 – 2 feedback surveys per academic year
- Complete **Volunteer Occupational Health & Safety Orientation (mandatory for everyone before volunteering)** Under the new *OHS Act, Regulations and Code*, all volunteers at the UCalgary are required to complete this orientation only one time for any volunteer activities on campus.
- Commitment for the entire semester

QUALIFICATIONS

- Minimum 1 year of post-secondary experience (at UCalgary or another institution)
- Strong communication, empathy, and active listening skills
- Respect for and strong interest in diversity in its broadest sense, including gender identity, sexual orientation, ethnicity, race, faith, age, and ability
- Must be open and sensitive to those from a variety of faith traditions or from none at all
- Time management to balance between Peer Helper responsibilities and school/work/social life
- Ability to function within crisis situations
- Demonstrated professionalism, maturity, and good judgment
- Familiarity with the University of Calgary student services and community
- An enthusiastic team player with a positive attitude
- Can work well independently and with a team
- Is a self-starter, reliable and can complete projects from start to finish
- Has the ability to engage and encourage a group of peers
- Registered in courses in good conduct standing for non-academic misconduct at the University of Calgary
- **Ability to make a full commitment as a FSC peer helper**

BENEFITS

- Enhance and strengthen your holistic experience on campus by developing a sense of belonging
- Meet new people, make new friends, and develop professional contacts as part of an amazing community
- Learn about diverse faith traditions and spiritual practices
- Develop a passion for helping others and getting involved
- Increase knowledge of services offered on campus and in the community
- Build your skills and experiences on your resume
- Peer helpers contributing 40+ hours may request a personalized reference letter recognizing their contributions and commitment
- Gain skills in:
 - Interpersonal communication
 - Intercultural capacity building

- Active listening
- Public speaking
- Facilitating dialogue
- Helping skills
- Leadership
- Resource referral
- Advocacy
- Personal management
- Become part of the UCalgary Peer Helper community across campus

PEER HELPER PROGRAM AND PROFESSIONAL DEVELOPMENT

Peer Helpers are non-paid leadership positions, open to all UCalgary students. They create immersive, meaningful learning opportunities within a variety of departments and offices.

The [Peer Helper Program](#) at the University of Calgary is made up of over 300 students every year, who are involved in 17+ different on-campus offices. Part of being a Peer Helper involves ongoing professional development.

APPLICATION PROCESS

To apply, please submit an online application form available [HERE](#) by **Monday, Jan. 12, 3 p.m.** Due to the number of applications we receive, only successful candidates will be invited for interviews. If you have any questions, please direct them to interfaith@ucalgary.ca

CONDUCT STATEMENT

This position requires students to be in good conduct standing for non-academic misconduct.

If you are currently involved in a non-academic misconduct process, or have been found responsible for a violation of the Student Non- Academic Misconduct Policy and you are unsure of your conduct standing, please contact conduct@ucalgary.ca to verify your status. More information is available at: www.ucalgary.ca/student-services/student-conduct/faq

Please note that in submitting your application, you are verifying that you are in good conduct standing and you consent to this being verified by the Student Conduct Office. Note that details of non-academic misconduct cases are not shared through this process

ABOUT FAITH AND SPIRITUALITY CENTRE

The [Faith & Spirituality Centre](#) (FSC) offers a variety of spiritual and faith-based resources and encourages religious literacy, interfaith dialogue, cooperation, and action as a critical part of the student experience at the University of Calgary. We aim to foster this environment so that students can be their authentic selves in a spiritually inclusive campus culture.