



VOLUNTEERING WITH THE LOOKING GLASS:

We are looking for people who are over 23 years of age, good listeners and have an ability to empathize with others. Knowledge of eating disorders is an asset but not essential as training is provided. We also welcome applications from people personally affected by eating disorders including family and friends.

The Looking Glass is committed to providing volunteers with training, support and supervision. Due to the often challenging nature of providing support, we ask that people who have been affected by an eating disorder volunteer in direct services only when they are well enough to do so and be at least one year symptom-free from their eating disorder.

On-line Support Group (OSG) Facilitators:

Every support group session is facilitated by two volunteers. The function of the OSG facilitator is to assist the communication and dynamic within the OSG. S/he provides a safe, non-judgmental space where participants can meet and support one another. Facilitators do not provide counselling or give advice. The Looking Glass will be running three types of groups, one for families and friends, one for adolescents with an eating disorder (ages 14 – 17) and one for adults with eating disorders (ages 18 +).

Before deciding to apply as an OSG Facilitator, think about your reasons for getting involved:

- Do you have enough time in your life right now to undertake the work? We ask for a minimum 6 month commitment which involves facilitating a minimum of 2 groups a month which will take place in the evenings.
- If you have had an eating disorder, is this the right time for you to think about volunteering in this area? Will getting involved affect your own health and well-being? To be an OSG facilitator you must be at least 2 years symptom-free from your eating disorder.
- If you have been affected by an eating disorder either as a care-giver or as a person with an eating disorder, do you feel that you will be able to move beyond your own experience and provide general support to others?
- If you are a counsellor or therapist, it is really important to think about whether you feel you can avoid stepping into a therapeutic role. Counsellors and therapists must not use services provided by The Looking Glass as a means to promote their own private practice.

Things involved in being an OSG Facilitator:

- Supervision: Volunteers must be available to attend supervision and support sessions which occur every 90 days.
- Training: Volunteers must be available to attend the training sessions which will be over 2 Saturdays.
- Self-Care: Volunteers must be able to understand when they are finding their work too challenging and e-mail their supervisor for support. The Looking Glass promotes a culture of self-care and support amongst all staff and volunteers.
- All volunteers must agree to abide by the policies and procedures of The Looking Glass which cover issues such as confidentiality and will be outlined in detail during training.

Next Steps:

- Complete the Volunteer Application Form below and e-mail it to The Looking Glass at volunteering@lookingglassbc.com
- You will receive notification that we have received your application and all suitable candidates will be called for an interview.
- All applications will be kept on file only for as long as deemed necessary
- For any further questions contact janna@lookingglassbc.com



THE LOOKING GLASS VOLUNTEERING APPLICATION FORM

Thank you for your interest in volunteering as an On-Line Support Group Facilitator. All applications are assessed and put on file. Due to the time given over to training, we ask volunteers to commit for a minimum period of six months. If you have any questions, please do not hesitate to contact The Looking Glass at janna@lookingglassbc.com for assistance. Your application will be treated confidentially except when references are sought.

Contact Information

Name	
Street Address	
City, Prov., Postal Code	
Home Phone	
Work Phone	
E-Mail Address	

Employment	
City, Prov., Postal Code	
Supervisor	
What is your highest level of education/degree obtained?	

I grant The Looking Glass Foundation the right to contact the following references:

Reference #1
Name
Phone Number
Relation

Reference #2
Name
Phone Number
Relation



Special Skills or Qualifications

Describe any relevant training or skills as they pertain to this volunteer opportunity:

Volunteering with The Looking Glass

What are your expectations/ideas/hopes for your volunteer experience, as well as your reasons for wishing to volunteer with The Looking Glass:



How did you become interested in volunteering with The Looking Glass?

What are your beliefs around food and dieting?

What, if any, experience do you have with eating disorders:



Please give any additional information that you feel is relevant:

Thank-you for completing this application form.

Please return by e-mail to volunteering@lookingglassbc.com