

義工招募 Volunteer Recruitment

加入成為社區同行大使：

- 通過面試及篩選
- 接受共 12 小時的培訓,內容包括：自我照顧及助人技巧,問題解決技巧,認識精神健康,哀傷處理,正念訓練,壓力管理及良好關係建立等
- 承諾完成培訓後,提供最少每週 1 小時,共 10 星期的長者朋輩支援服務
- 出席每月一次的義工支援聚會

Join us as a community helper :

- Through interview and screening
- Receive 12 hours training on self help and helping skills, problem solving skills, mental health, grief and loss, mindfulness, stress management, and healthy relationship
- After the completion of the training, volunteer is required to provide at least 1 hours a week for 10 weeks of peer support service for Chinese seniors
- Attend monthly volunteer meeting



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卡城華人耆英會
Calgary Chinese Elderly
Citizens' Association
(CCECA)



社區同行大使計劃 Chinese Community Helpers Program



同行

PEER

透過朋輩支持，促進華裔長者身心靈健康，融入社會及減少孤獨感。

A peer support program to enhance wellness, to reduce social isolation and to increase social inclusion among Chinese Older Adults.

合作伙伴 Partner:



Canadian Mental
Health Association
Calgary
Mental health for all

撥款機構 Funder:



社區同行大使計劃

Chinese Community Helpers Program

宗旨：

本計劃與加拿大精神健康協會合作旨在透過朋輩支持,促進華裔長者社區融合和連繫,減少社會隔離。

目的：

- 增加華裔長者間的朋輩支援及建立正向的社會連繫
- 連繫長者與社區內各種的支援服務
- 強化華裔社區長者的抗逆力

Aims :

This project, in collaboration with the Canadian Mental Health Association (CMHA), is a peer support program to reduce social isolation and increase social inclusion among Chinese Older Adults.

Objective :

- Increase peer support and positive social ties
- Bridge between the formal and informal support
- Strengthen resilience in Chinese community

對象：

- 65 歲或以上華裔長者
- 有自我照顧能力
- 常感到孤獨或情緒低落
- 缺乏社會支持如獨居, 低收入等
- 曾經或正在經歷一些人生轉變如喪偶, 患病等



Target Group :

- Aged 65+ Chinese seniors
- independent in activities of daily living
- expresses feelings of isolation, loneliness
- lack of social support, such as lives alone or low income
- experiences distress during life transition such as bereavement or illness

服務內容：

受訓義工為長者提供十星期一對一的朋輩支援服務,透過家訪或電話提供以下服務：

- 情緒支援
- 自我關顧及保健練習,如鬆弛運動
- 協助解決問題
- 培養健康的朋輩關係
- 陪伴/帶領參加社區活動
- 社區資源介紹/服務轉介
- 緊急應變準備



Services content :

Trained volunteers will provide 10 weeks one-to-one peer support service through home visit, telephone. The program will include the following activities:

- Emotional support
- Self-care and wellness practice, such as relaxation exercise
- Assisting in problem solving
- Fostering healthy peer relationship
- Accompanying/connecting to community activities
- Access to community resource/referral

