



# The Communities for Families Program

## Parent Friend Volunteer Description

Parent Friends form an intentional friendship with a parent and support them with the goals that they set in the beginning of the program. The Parent Friend is a unique volunteer position dedicated to the needs and support of the parent and provides them with individualized attention. Parent Friends help connect parents to resources, attend appointments, provide a listening ear, and act as a stabilizing relationship.

### Responsibilities

- Assist and support parents in identifying and establishing goals to focus on during their time in the CFF program
- Communicate and meet with parent on a consistent basis to encourage and support in goals, including working on an action plan to successfully complete goals together
- Help parent re-assess and evaluate their goals as needed
- Intentionally build a relationship with parent by acting as a listening ear and support in times of need and celebration
- Update the team and communicate with the Team Coordinator about updates on parent outings and goal setting as they occur
- Attend team meetings throughout hosting placement
- Volunteer must be 21 years of age or older

### Support

- Every Parent Friend is connected with a team of volunteers that includes a Team Coordinator. The Coordinator checks on the Parent Friend regularly and ensures that the Parent Friend is spending time with the parent and is supported in helping parents reach their goals
- DC127 provides on-going trainings throughout the year to help guide you on certain issues you may need more support in (like trauma-informed care). Although these trainings are not mandatory, they are highly recommended
- Connection with a Church Advocate from one of DC127's partner churches to find donated items from the church (e.g.: diapers, a meal train, gas cards, etc).

### Time Commitment

- Parent Friends commit to serving on a team for 6 months and roughly 2-3 hours of communication with their team, family and/or DC127 staff