

SOAR (Survivors Offering Assistance in Recovery) Group Leader

Position summary: The SOAR Group Leader of Revitalizing Veterans' Dreams (ReVD) will play an integral part to in supporting and veterans mental health by providing a safe, compassionate, and structured environment for individuals experiencing survivor's remorse, mortal injury, or combat loss, to share their experiences, process feelings, and develop coping strategies through peer support and guided discussion.

Overall Responsibilities:

- Facilitate Group Meetings. Open meetings, guide discussions, introduce topics (e.g., coping mechanisms, self-care, honoring the loss, rewriting the narrative), and manage group dynamics effectively.
- Create and maintain a safe, supportive space with a respectful veteran-centered tone. Ensure a confidential, non-judgmental, and growth-orientated environment where all members feel safe to share their stories and emotions.
- Encourage participation. Use effective listening techniques and good questions to evoke participation, understanding, strength, and validate experiences, while also respecting silence and individual boundaries.
- Provide structure and goals. Determine and communicate the structure, focus, and goals of the support group to new and existing members.
- Uphold group protocols. Enforce established group policies and protocols, focusing on group support not clinical therapy, and confidentiality rules.
- Encourage connection between meetings and help participants re-connect with meaning, hoping, and community.
- Resource Navigation. Provide information on additional resources and professional help when necessary (e.g., mental health professionals, crisis hotlines, VA professionals).
- Logistics. Manage the administrative logistics of the group, including scheduling meeting times and tracking attendance for reporting purposes. Coordinate with the Executive Director/Founder, as needed.

Qualifications

- Prior experience in facilitating support groups or a background in counseling, social work, or a related field is often beneficial. Personal experience with survivors' remorse or a similar loss can also be a valuable asset.
- Familiarity with supportive listening techniques and general knowledge about trauma, grief, and the process of reconciliation (not necessarily resolution) is helpful.

Length of Term: Open-ended.

Time Commitment: TBD