



FIDDLEHEADS

NATURE BASED SOCIAL SKILLS GROUPS GROUP COUNSELOR PAID INTERNSHIP

[Seeds of Awareness, Inc.](#) is actively seeking counselors for our nature-based mindfulness-informed social skills after school program. The individual(s) will be co-facilitating groups of children in local regional parks, engaging children in sensory explorations, awareness practices, and experiential social and emotional learning. The ideal candidate is someone who has a passion for the great outdoors, maintains a mindfulness practice, and is interested in engaging children in non-judgmental guidance toward a deeper understanding of themselves and others. Fiddleheads counselors will work with neuro-diverse children with a variety of challenges and needs, including autism spectrum, social anxiety, learning difficulties, sensory and motor skill delays, developmental delays, speech-related challenges, impulsivity, social isolation, aggression, grief, depression, and ADD/ADHD. Counselors will respond to parents' questions, and offer guidance on how to support their children. Counselors will assist children in navigating their internal experiences, as well as expanding awareness of their impact on others around them.

Desired Qualifications

- Experience working with neurodivergent youth and/or working with youth in group settings
- Education or training in counseling, social work, psychology or education
- Interest in social and emotional education and development
- Personal mindfulness practice
- Highly collaborative and effective in developing and leading activities, games, and exercises
- Organizational skills necessary to maintain regular communications with co-facilitators, parents and admin
- Must be able to arrive to regional parks on time and hike long distances (up to 2 miles)
- Must be able to use technology effectively (email, Google Apps)
- Must consent to tuberculosis test and background check

Group Facilitation Activities

In collaboration with other co-counselors, Fiddleheads counselors facilitate a social and emotional learning experience for children in a natural setting. Activities include: alternating high and low energy activities; leading rituals, mindfulness exercises and sensory awareness games; guiding conflict resolution processes; facilitating personal and emotional sharing; fostering deeper relationships with natural elements, including trees and animals; reading or telling an emotionally or spiritually rich story; and singing songs that integrate nature, gratitude, presence and awareness.

Summary of After-School Program

- Groups start in October and run 8-10 weeks (depending on location); additional internships will be available for Winter and Spring after-school groups and Summer camp;
- Counselors co-facilitate weekly groups (younger, older or any combination) of up to 6 children;



- Each group runs for 2 hours, with last 10-15 minutes for check-in and debriefing with parents. Groups generally run 3:30 pm to 5:30 pm;
- Each group to be facilitated by 2 counselors and possibly one counselor in training;
- Counselors to prepare weekly 2-3 paragraph e-mail to parents about that week's group;
- Counselors to prepare weekly progress notes for each child/group;
- Counselors to conduct pre-group intakes with each child and mid or post-group consultation with parents;
- Counselors to attend trainings 2-3 times per month, and supervision **every** week on Tuesdays with the following schedule:
 - East Bay/SF counselors attend trainings on the 1st and 3rd weeks, and week 5, when applicable
 - Petaluma counselors attend trainings on the 2nd and 4th weeks, and week 5, when applicable
 - Group Supervision: 9:15am-11:15am
 - Lunch: 11:15am-12:00pm
 - Training: 12:00pm-2:30pm
 - After-school group (if applicable): 3:30-5:30

Time Commitment (per 10-week group cycle)

- 2-3 hours **bi-weekly** training/consultation on Tuesdays in Oakland or Petaluma
- 2 hours **weekly** group supervision on Tuesdays in Petaluma or Oakland
- Up to 2.5 hours weekly after-school group session (per group)
- Up to 0.5 hours weekly for BBS notes and parent emails (per group)
- Up to 6-8 hours for pre-group intakes and mid/post-group parent consultations
- Commitment to remain in the program until the end of the Fall session, ideally continuing through Winter and Spring after school sessions, and possibly summer.

Locations

Berkeley (Tilden Park); Marin (Larkspur); Oakland (Redwood Regional Park); Petaluma (Helen Putnam Park); Orinda (Briones Park); Richmond (Wildcat Canyon Park); and San Francisco (Park Presidio).

Compensation

A stipend is provided, equivalent to \$15-21/hr, depending on experience. If you lead more than one group per week, you will receive an additional stipend for each additional group.

Training/Supervision

- ★ Seeds follows BBS regulations in regard to clinical supervision, for applicants currently seeking an MFT/ASW practicum or internship. Our counselors receive 1 unit of supervision per week through group supervision. Additional supervision can be available, subject to individual arrangements. Our supervisors are licensed and are experienced in providing clinical supervision and working with children.
- ★ Attendance at all trainings, supervisions and consultations is mandatory, unless special exceptions are made.

TO APPLY: Submit resume and cover letter using this [online form](#) or email to: apply@seedsofawareness.org.

NON-DISCRIMINATION POLICY: Seeds of Awareness, Inc. does not discriminate in any program, activity, or in employment on the basis of actual or perceived age, sex, race, ethnic background, veteran status, ancestry,



seeds of awareness
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pregnancy, national origin, physical or mental disability, medical information, marital status, sexual orientation, genetic information, gender or religion. People of all colors, backgrounds and identities are encouraged to apply.