



FIDDLEHEADS

NATURE BASED SOCIAL SKILLS GROUPS GROUP COUNSELOR POSITION

Seeds of Awareness mission is to transform schools and communities by cultivating empathy, connection and awareness. We value diversity and social equity in all aspects of our organization and we aim to increase access to social-emotional services by communities that have been systematically marginalized. Our vision is a future where emotional intelligence is the norm, where empathy and mindfulness are embedded in our education system, and where therapeutic support is accessible and commonplace.

Seeds is a dynamic, community-based, heart-centered organization on an exciting growth trajectory, sharing our transformative services throughout the bay area. Our team is innovative, creative, fun and spirited. We are a revolutionary community committed to social justice, emotional wellness, positive relationship, and community engagement.

We are empowering our future with mindfulness and empathy through our four distinct therapeutic programs: school based, holistic community counseling, nature based therapeutic groups/camps, community wellness and professional development. Fiddleheads supports neurodiverse youth in the eco therapeutic setting, with after-school groups and summer camps. The approach provides mindfulness-based social skills instruction and therapeutic support through play, mentorship, and exploration in nature.

JOB SUMMARY: This is a Counselor position for our nature-based Fiddleheads program. The Counselors will be primarily co-facilitating group therapy for children ages 5-15, in a nature based after school setting in one of our regional parks. The ideal candidate is someone who is passionate about counseling young people in nature, maintains a mindfulness practice, and recognizes a culturally-responsive, trauma-informed understanding of marginalized communities.

PAY: The rate of \$15-\$17/hour based on experience and qualifications, and is currently paid as a stipend. Counselors typically work 5-10 hours/week, depending on the number of groups they support.

Ideal Candidate Requirements:

- Experience working with children with special needs
- Strong academic or professional background in counseling, social work, psychology or education
- Interest in social and emotional programming
- Personal mindfulness practice
- Highly collaborative and effective in developing and leading activities, games and exercises
- Organizational skills 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 (e-mail, 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 run Winter, Spring and Fall 8-14 weeks (+ make-up for canceled groups);
- ➔ Counselors co-facilitate 2 or more weekly groups (younger, older or any combination) of up to 6 children;
- ➔ Each group runs for 2 hours, with the last 15 minutes before and after for check-in and debriefing with parents. Groups generally run 3:30 pm to 5:30 pm, or at different times as may be arranged with parents;
- ➔ 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 BBS notes for each client;
- ➔ Counselors to conduct pre-group meetings with each child and mid or post-group consultation with parents;
- ➔ Counselors to attend trainings on Tuesdays 12-2:30p twice per month;
- ➔ Counselors to attend weekly group supervision in East Bay or Petaluma;

Locations

The candidate will be placed at one of these locations: Berkeley (Tilden Park); Oakland (Roberts Recreational Park); Petaluma (Helen Putnam Park); Lafayette (Briones Park); Richmond (Wildcat Canyon Park); and San Francisco (Park Presidio).

Training/Supervision

- ★ Seeds follows BBS regulations in regard to clinical supervision. This is an internship and can also be a practicum. 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: Please follow this link: [here](#)



seeds of awareness
EMPOWERING COMMUNITIES WITH MINDFULNESS

(510) 788-0876 • (707) 241-4948
admin@seedsofawareness.org

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