



Dear friends,

I'm thrilled that you're considering investing in your community as a group facilitator! Please take a moment to review this letter for an overview of what it means to lead one of our life-changing support groups.

My Quiet Cave is a Christ-centered organization dedicated to creating space for faith and mental wellness. Our peer-led groups provide a safe place for adults and teens to build relationships, share stories, and focus on hope.

Group facilitators are the heartbeat of My Quiet Cave, and we believe that the most powerful qualification for any facilitator is lived experience with mental health issues or experience supporting a loved one. These peer leaders, **equipped through training**, bring a unique blend of humility and empathy to the group dynamics that foster deep relationships and the honest exploration of life and faith. Peer leaders demonstrate that we are all a work in progress, overcoming mental health challenges one day at a time through the help of Jesus.

As the spiritual compass for the group, My Quiet Cave facilitators are grounded in their identity in Christ and are pursuing an abiding relationship with him. They **lead with vulnerability**, model unconditional love, listen without bias, and are mindful of group dynamics and development. They create a safe space for participants to share and engage. Group facilitators recognize that every participant is on a unique journey with the Lord and is carrying the weight of untold stories shaped by family, culture, race, socioeconomics, and many other factors.

Facilitators also serve as the relational hub of the group. They are intentional about connecting participants first and foremost with Christ, and then with one another, outside resources, and the greater My Quiet Cave community. Our facilitators are **motivated to draw people together** to experience hope and healing.

My Quiet Cave offers **four exceptional small group programs**. Please note that in order to gain the necessary experience, facilitators are expected to lead an 8-week program prior to offering an ongoing Anchor group.

- Overcome - an 8-week group experience for adults
- Fearless - an 8-week strengths-based program for teens
- Fierce Love - an 8-week group for mothers of young children
- Anchor - an ongoing support group model

Facilitator training is composed of the following three parts:

1. Self-paced online facilitator training (about 2 hours)
2. Experiential group training via Zoom (about 2 hours)
3. Suicide prevention training via Zoom (3 hours, with breaks)

The **time commitment** for leading a group is as follows:

- 8-week program
- 90 minute group time per week
- Additional communications and preparation each week

Please note that our Zoom trainings are generally available once per month, so be sure to plan the start date of your group with enough lead time to complete your training.

If you're feeling that tug on your heart to minister to others and launch a group, we would be thrilled to walk alongside you. We're here to connect you with training, resources, and ongoing support as you embrace this incredible opportunity to serve.

Next steps: Be sure to [create your account](#) at myquietcave.org. Then, complete our [Facilitator Interest Form](#), and our team will be in touch!

In Christ,

Heather Phipps, Program Trainer
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