



THRIVE PROGRAM FACILITATOR

The Down Syndrome Connection of the Bay Area is passionate and dedicated to encouraging the unlimited potential in children and adults with Down syndrome. We empower, inspire and support people with Down syndrome, their families and the community that serve them, while fostering awareness and acceptance in all areas of life. Through programs such as THRIVE, Medical Outreach Alliance, education advocacy, new parent outreach, and family support services, DSCBA works to remove barriers and provide resources, education, and community connections that help individuals with Down syndrome reach their full potential.

THRIVE - Program Overview

THRIVE stands for **Together, Happy, Respected, Independent, Valued, and Empowered**. The THRIVE program is a social and developmental group designed specifically for individuals with Down syndrome.

- THRIVE groups meet weekly and focus on building executive function, social connection, independence, and confidence in a supportive small-group environment. Activities are designed to strengthen skills such as communication, friendship-building, self-regulation, and problem-solving while encouraging participation, creativity, and fun.
- Groups are organized by age and developmental stage and typically include 8–12 participants, supported by a Facilitator, Co-Facilitator, and volunteers.
- For younger participants, activities may include obstacle courses, sensory-based tasks, art, music, and movement designed to support motor development, engagement, and social interaction.
- For teens and adults, sessions place greater emphasis on social and friendship development, leisure and recreational activities, and building interdependent and independent living skills.

THRIVE - Facilitator

We are seeking a proactive, compassionate, and organized facilitator with strong group leadership skills and experience working with individuals with intellectual and developmental disabilities (IDD). Facilitators lead THRIVE groups in a small-group setting while creating a positive, engaging, and supportive environment for participants.

THRIVE sessions follow a consistent framework while allowing facilitators to incorporate their own creativity, professional strengths, and the interests of the group. This paid position averages 2–2.5 hours per week, including preparation and session time. Compensation is \$35 per hour for in-class facilitation and \$20 per hour for preparation and administrative time.

Facilitator Responsibilities:

- Lead weekly THRIVE sessions and support a positive, inclusive group environment that reflects the program's goals.
- Receive initial training and consult with the Director of Programs as needed to support session planning within the THRIVE framework.
- Document attendance, session goals, activities, and participant progress, and share end-of-session summaries with families.
- Capture photos or videos of program activities for DSCBA use in accordance with organizational guidelines.
- Support and engage THRIVE volunteers in coordination with the DSCBA Program Manager.
- Communicate with parents or guardians of participants as needed.
- Attend required staff meetings, complete periodic trainings, and submit timesheets twice monthly.
- Participate in DSCBA community and fundraising events throughout the year.

For more info, contact Director of Programs: Laura Gordon at Lgordon@dscba.org, (925) 362-8660, ext.108