Down Syndrome Connection of the Bay Area
Empower - Inspire - Support

DSCBA THRIVE Co-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 Co-Facilitator

We are seeking a proactive, compassionate, and organized individual with strong group support skills and experience working with individuals with intellectual and developmental disabilities (IDD). Co-Facilitators support the lead facilitator in guiding THRIVE groups in a small-group setting while helping create 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 $20 per hour for in-class facilitation and $20 per hour for preparation and administrative time.

Co-Facilitator Responsibilities:

- Support the facilitator in leading weekly THRIVE sessions and fostering a positive, inclusive group environment that reflects the goals of the THRIVE program.
- Receive training and guidance from the Director of Programs and Facilitator through observation, collaboration, and ongoing support within the THRIVE framework.
- Assist with documenting attendance, session goals, activities, and participant progress, and help prepare end-of-session summaries for 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 as needed in coordination with the facilitator.
- Attend required staff meetings, complete periodic trainings, and submit timesheets twice per month.
- Participate in DSCBA community and fundraising events throughout the year.
- Be available to substitute as a THRIVE facilitator on occasion if needed.

If you have questions, please contact Laura Gordon at LGordon@dscba.org, (925) 362-8660, ext.108