

About Us

General Description: Family Service Thames Valley (FSTV) is a family service organization empowering people to face life challenges.

Through Developmental Services Ontario (DSO), we serve adults living with a developmental disability. We support the development of a personal Individual Support Plan (ISP) based on the principles of self-determination, social inclusion, citizenship, and choice and providing services that are reflective of this plan. We manage cases and coordinate community resources, liaise with other service providers, and advocate for our clients. These services are offered in London-Middlesex, Oxford, and Elgin Counties.

Professional counselling and psychotherapy is offered to families, couples, and individuals to better manage grief and loss, relationship difficulties, anxiety, depression, past trauma or abuse, adjustment to separation and divorce, or other life transitions such as job loss or transition to retirement. Clients may qualify for support under a range of government-funded programs, employer-paid supports, or subsidized counselling provided by the United Way and other donors. These services are offered primarily in London-Middlesex. To learn more, visit our website at www.fstv.ca

Position: Board Member at Large

Your role: FSTV is looking for individuals who are passionate about making change and modelling the mission to *empower people to face challenges*. One of the primary roles of our board members is to advise and support our Executive Director in maintaining our mission, vision and values and achieve our goals. In addition to this, the board is continuing to work on our strategic planning process that will guide the agency over the next 3-5 years; we are looking for unique, diverse and intentional contributions to make a meaningful community impact.

Time Commitment: Long-Term (2 years)

Individuals are asked to commit 2- 4 hours of their time per month. This time allows for members to participate in monthly board meetings, subcommittee meetings, meeting prep and email communications. Board meetings are held on the last Wednesday of the month, running from September to June. The meetings are held either online or in person at the FSTV office at 500 South Street. You will know well in advance which meetings are online and which are in person.

To ensure the best possible decision-making environment, preference will be given to candidates that broaden the diversity of the board, ensure representation from the London-Middlesex community and allow us to retain the competencies of vacating board members. We especially encourage candidates with fundraising experience or from a mental health/health professional background to apply.

Successful candidates' terms will commence at the Annual General Meeting in June 2026.

Board directors are required to attend board meetings from 4:30 – 6:30pm the last Wednesday of each month (excluding July, August and December) and join one of the subcommittees.

How to Apply

To apply, please submit a short statement outlining your interest in becoming a member of the FSTV Board of Directors and a current resume by March 31, 2026. Please email your application to our Nominations Committee representative, Luigina McCarthy at LMcCarthy@fstv.ca

Applications will be reviewed as they are received. All applications will be acknowledged.