

Qualification's of Participants

- Be consumers of mental health or addictions services or identify as persons with lived experience
- Be reliable & punctual
- Be able to learn as part of a group and self-direct learning activities between classes
- Have achieved a level of personal recovery to facilitate the support of others
- Be willing to attend regular meetings and training sessions
- Have good communication skills & work well with others
- Be able to maintain confidentiality
- Have an understanding of recovery principles

Mental Health Rights Coalition believes strongly in making training programs available to anyone with lived experience at a subsidized rate.

We will also help individuals find funding available to them. Agencies who use this training service are asked to contribute the cost of the program.

What in it for you?

- Build skills to become a certified peer support worker
- Empower yourself
- Increase self esteem
- Gain tools to support others
- Meet new people
- Gain meaningful experience
- Receive training to include on your resume

Contact us!

Mental Health Rights Coalition

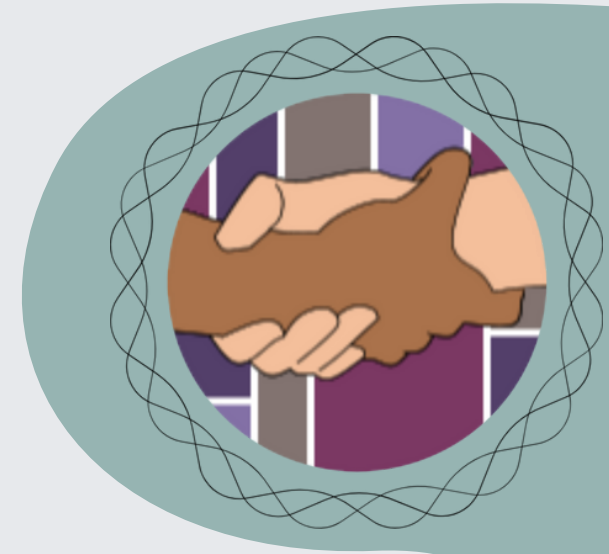
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The Mental Health Rights Coalition



Peer Support Training

A PROJECT OF THE MENTAL HEALTH RIGHTS COALITION

Empowering consumers to support other consumers through recovery

How it works

There will be interviews in the 6-8 weeks leading up to a training sessions, where individuals will be assessed for suitability to the program.

The training itself is 30 hours of group classroom instruction which involves self study of material and assignments.

Following successful completion of the classroom component, students will complete a 50 hour practicum, where they will experience peer support in a supervised environment.

A final interview ensures that candidates have successfully integrated the training.

Candidates must pass all elements of training to receive a certificate.

People who are interested are asked to send a resume and letter of intent to:
mhrcprograms@bellnet.ca

What you'll learn

Individuals will learn a wide variety of topics key to the practice of peer support. Activities, assignments, discussion, instruction and skills practice will all make up some of the approaches used to teach and learn the material. All material is aligned with the Peer Support Accreditation and Certification Canada Knowledge Matrix. This enables individuals to pursue certification with this accrediting body in the future, should they desire.

Topics of study include:

- Confidentiality
- Values and Beliefs
- Hope and Recovery
- Problem Solving
- Boundaries & self-disclosure
- Communication & listening skills
- Community Resources
- Crisis intervention
- Trauma-informed practice
- Self-care
- History and principles of peer support
- Recovery-oriented peer support practice

Course Value: \$1500
Subsidized value for Consumers: \$500

Benefits

The act of becoming involved and working toward change leads to renewed self esteem and a sense of empowerment. The knowledge that you really can make a difference, not only in your own life, but in the lives of others, is invaluable.

Individuals find that peer support training is not only a meaningful experience as a professional pursuit, but on that contributes to their own growth and continued recovery.

Individuals gain increased knowledge, better communication, increased coping skills and a higher level of comfort with a variety of situations.

