

Qualifications of Participants

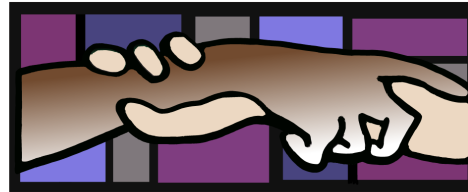
Participants must:

- 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.

Course Value \$1000 per person.

MENTAL HEALTH RIGHTS COALITION



WHAT'S IN IT FOR YOU?

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

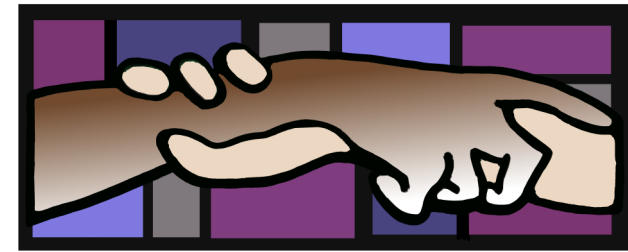
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www.mentalhealthrights.ca



Partially Wheelchair Accessible

Funding for this program is provided by the Government of Ontario through the Hamilton Niagara Haldimand Brant (HNHB) Local Health Integration Network (LHIN) - LHIN4. Views expressed are not necessarily those of MHRC funders.

MENTAL HEALTH RIGHTS COALITION



Peer Support Training

Empowering consumers to support other consumers through recovery

A project of
Mental Health Rights
Coalition

www.mentalhealthrights.ca

You Provide The Lived Experience, We'll Provide the Training

How It Works

Potential participants are asked to send a resume and letter of intent to :

Email: mhrcprograms@bellnet.ca

Fax 905-545-0211

In person/Mail: 103-100 Main St E
Hamilton ON L8N 3W4

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. Trainers are available for support by appointment throughout the course. Following successful completion of the classroom component, students will complete a 30-50 hour practical learning experience where they will shadow experienced peer support workers, practice skills, run programming and 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.

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.



For more information:
Amanda Carey, Program Lead
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

Organizations looking to book a group training please call Frances Jewell, Executive Director 905-545-2525 or email mhrccd@bellnet.ca