

**The Centre for Excellence in Peer Support  
presents**

## **Foundations of Peer Support Training for Peer Workers**



**TUESDAYS, 6-9 PM for 8 WEEKS**

**September 10-October 29, 2024**

**VIRTUAL using ZOOM**

Delivered by peers, learn about mental and substance use health peer support, communication skills, boundaries, trauma-informed practice, suicide prevention and intentional sharing of lived/living experience. For peer volunteer and paid peer workers, and people interested in peer work. Certificate option if you attend all sessions and complete reflection homework between sessions.

**\$200 for the 8 week series**

Questions or to register: Email Hayley at [hpeek@cmhaww.ca](mailto:hpeek@cmhaww.ca)



Canadian Mental  
Health Association  
Waterloo Wellington



SELF HELP &  
PEER SUPPORT