

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

# **Foundations of Peer Support Training (virtual)**



**Wednesdays, from 1-4pm for 8 weeks  
September 10th - October 29th, 2025**

Delivered virtually (via Zoom), led by peers. Join us to learn about mental health & substance use health peer support, communication skills, boundaries, trauma-informed practice, suicide prevention and intentional sharing of lived/living experience. Intended for peer workers (volunteer & paid), and anyone with lived experience interested in peer work.

Certificate option available for participants attending all sessions and completion of independent work.

**Investment: \$575 (8 week series)**

Registration & Questions: Contact Hayley at [hpeek@cmhaww.ca](mailto:hpeek@cmhaww.ca)



Canadian Mental  
Health Association  
Waterloo Wellington



SELF HELP &  
PEER SUPPORT