



To learn more or to register:



VeteransPeerSupport.ca



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(613) 921-5565



## Supporting Veterans and Their Family Members



**Mood Disorders Society of Canada**  
Société pour les troubles de l'humeur du Canada

To improve the quality of life of Canadians impacted by mental illness so they can live the most fulfilling life possible.

Visit our websites for mental health resources, programs and tools to support your wellness.

## Program Partners



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Funding provided by The Royal Canadian Legion  
Dominion Command Poppy Trust Fund



Legion.ca

## Advancing Communities

- Level 1 (Foundational) – Peer Support Workshops
- Mental Health Webinars

VeteransPeerSupport.ca

# About the Program

Advancing Communities will engage Veterans and Veteran Family Members in support of their wellness, reduce isolation and loneliness and improve their mental health, social engagement and quality of life.

There are two options available in this program to assist Veterans and/or their Family Members at no cost.



## 1 Level 1 (Foundational) – Peer Support Workshops

Peer support is rooted in the knowledge that hope is the cornerstone. This workshop is evidence based, is delivered via zoom and includes Veteran facilitators. Upon completion of the workshop, the participant is presented with a certificate.

We have regularly scheduled training dates available.

## Program Partner



MDSCs Peer and Trauma Support Systems (PATSS) is an international peer support guidance and training program developed in Canada. Our program facilitators bring lived experience, and our mental health professionals are trained in trauma-informed care.

Learn more about PATSS by visiting:  
[peersupport.mdsc.ca](https://peersupport.mdsc.ca)

## 2 Mental Health Webinars

Join one of three one-hour long mental health webinars that are offered nationally via zoom. Each webinar will offer information and educational tools that can assist Veterans and Family Members gain mental health literacy and knowledge.

The webinars offered will feature the following topics:

- Our Journey in Mental Health
- Recent Advances in Treatment Research
- Mental Health Programs



To join the Advancing Communities program, give us a call, send an email, or visit our website.



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