



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



2-DAY PEER SUPPORT TRAINING

ONLINE DELIVERY

\$500/Person

What you learn:

1. Fundamental Principles of Peer Support

- ★ Lived Experience, Hope, And Recovery
- ★ Self-Determination And How To Foster It
- ★ Peer Support Values, Ethics And Principles Of Practice
- ★ Trauma-Informed Practice
- ★ Applying Peer Support Principles In Diverse Environments

2. Social and Historical Context of Peer Support

- ★ The Historical Context Of Peer Support
- ★ Prejudice, Discrimination And Stigma
- ★ Diversity And Social Inclusion
- ★ Social Determinants Of Health

3. Concepts and Methods that Promote Effective Peer-To-Peer Effectiveness

- ★ Interpersonal Communication Principles And Methods
- ★ Building Supportive Relationships
- ★ The Process Of Recovery And Change
- ★ Building Resilience Through Self-Care And Wellness Plans
- ★ Limits And Boundaries
- ★ Crisis Situations And Strategies
- ★ Connecting With Community Resources
- ★ Awareness Of Possible Symptoms And Potential Side Effects Of Medication

In Addition





- Instruction from 2 lived experience peer support specialists
- Instruction from a trauma informed experienced MHP
- Moral Injury, Sanctuary Trauma, Perceived Injustice, polyvagal theory addressed

Training Delivery

This live training will be conducted online using Zoom. Once registered you will receive the link to the training.

Get in Touch

Questions or inquiries about this training session may be directed to Syd Gravel (sagravel01@gmail.com) or Brad McKay (brad228solutions@gmail.com)

-  @MoodDisordersSocietyCanada
-  @MoodDisordersSocietyCanada
-  @MoodDisordersCa
-  @Mood-Disorders-Society-of-Canada

In Support of our Veteran community, MDSC will cover the registration fee for all eligible Canadian Military Veterans.

To apply, please visit:
VeteransPeerSupport.ca
or email: info@VeteransPeerSupport.ca



**EACH SESSION
LIMITED TO 22
PARTICIPANTS**

To register online:

mdsc.ca/patss-registration