



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)

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*for non-CAF and RCMP Veterans and Family Members

This workshop is open to all Canadians that are not CAF / RCMP Veterans or Family Members at a cost of \$500 for the workshop. Free peer support workshops are available for CAF / RCMP Veterans. If you are a CAF / RCMP Veteran or Family Member apply by visiting: VeteransPeerSupport.ca or email info@VeteransPeerSupport.ca



**EACH SESSION
LIMITED TO 22
PARTICIPANTS**

To register online:

mdsc.ca/patss-registration