

Upcoming ONLINE Peer Support Worker Training

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To: Rita Cronise <rmc277@shp.rutgers.edu>



We, at RPLYT, have been training Peer Support Workers online for the past two years. Our "Raving Fans" tell us it is the best Peer Support Training on the Planet!

We also have heard your requests for more training because of the high need for more peer support workers as a result of COVID-19.

We are pleased to announce that we are offering our 20 Session Online Peer Support Worker Training: Becoming an Exploration Facilitator in a 2 Week Course

We hope you will join us in this Online training coming up next month.

We look forward to hearing from you and please stay healthy,



Charlotte & Robyn
January 2020
(before physical distance)

Robyn & Charlotte

Throughout all RPLYT training there is a strong emphasis on ensuring the incorporation of:

- The Peer Support Canada Knowledge Matrix requirements related to peer support delivery,
- The Mental Health Commission of Canada's (MHCC) peer support values (as outlined in the Guidelines for the Practice and Training of Peer Supporters),
- The principles of trauma informed support; and
- Related components of the MHCC National Standard for Psychological Health and Safety.

PEER SUPPORT WORKER TRAINING: BECOMING AN EXPLORATION FACILITATOR

Dates: June 15 - 26 (Monday to Friday)

Time: 9:00am - 11:00 and 1:00pm - 3:00pm (central daylight time)

Monday - Friday twice a day for 2 weeks to complete the 20 sessions

Cost \$750.00 plus gst/hst

For the past two years we have offered this course twice a week for 10 weeks online via Zoom. Robyn and her instructors have been using Zoom for for all their training and they know first hand how to use the platform to create the best learning environment for everyone in the course.

Peer Support Workers from around the world have benefited from this training all from the comforts of their office or home. Check out our "[Raving Fans](#)" page on our website for some of our happy customers.

This new and updated training was created in conjunction with the Centre for Innovation in Peer Support. The training includes diving deeper into the below topics to add more to your peer supporter role.

It is a comprehensive, interactive and practical training of peer support workers and family peer support workers.

Who can be a Peer Support Worker? Any person with their own experience of living with mental health/addiction issues. But wait, there's more, we also train Family Peer Support Workers in the training.

Who can do that? A family member of someone living with a mental health/addiction issue.

We have designed the training to maximize your learning through the use of many teaching modalities. We will be using videos, slides, dialogue, Zoom rooms, games, and scenarios to fully equip you to be in communities providing valuable peer support services after this training.

The training is highly interactive and includes lots of practice of the skills you will need.

Session Topics Include:

- Advocacy
- Mental health system
- PS fundamentals
- Strength based support/advocacy
- Resiliency, empowerment & hope
- Social determinants of health
- The healthcare system
- Stages of change
- Communication
- Conflict resolution

- In the system not of the system
- Preferred communication styles
- Connecting through your story
- Supporting with understanding (trauma informed support)
 - Supporting someone in a crisis/emergency
 - Let's talk about the "S" word
 - Culture/worldview/diversity
 - Stigma and discrimination
 - Wellness tools
 - Ethic and boundaries
 - Working as a team
 - Peers as professionals

For more information please contact

info@robynpriest.com

And for all of you who are on Facebook and YouTube

Robyn is live each day at 4pm CDT
for Fit n Fun at 4 for 5 minutes
for
Mental Health

And on Sundays
Facebook Live
3:00pm - 4:00pm CDT

**on
Robyn Priest Facebook Page**

[Facebook Link - please like our page](#)

[Subscribe to the Robyn Priest LYT YouTube Channel for all of Robyn's videos](#)

Robyn will be chatting about mental health and what supports you can do for yourself and
for others.

We are all in this together!

And remember

Social Connectedness in spite of
Physical Distancing.

[sign up for our newsletter](#)



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