

- **Materials:** Comprehensive training manual, peer support resource guide, and workbook.
- **Textbook:** "The Recovery Book: Answers to All Your Questions About Addiction and Alcoholism and Finding Health and Happiness in Sobriety" (Current Cost: \$18.00)
- **Cost:**
  - **Individual Rate:** \$700 (with textbook: \$718.00)
  - **Group Rate (5 or more):** \$600 per participant (with textbook: \$618.00)

## 2. Building Resilience Through Peer Support

- **Description:** This workshop focuses on techniques for fostering resilience in peers, providing tools and strategies to support recovery and empower individuals.
- **Training Requirements:**
  - **Hours:** 3 hours
  - **Prerequisites:** None
  - **Field Supervision:** None required
  - **Materials:** Resilience-building exercises and peer support guides.
  - **Textbook:** "Building Resilience in Children and Teens" (Current Cost: \$25.00)
- **Cost:**
  - **Individual Rate:** \$75 (with textbook: \$100.00)
  - **Group Rate (5 or more):** \$60 per participant (with textbook: \$85.00)

## 3. Effective Communication in Peer Support

- **Description:** This training covers essential communication strategies for peer supporters, including active listening, empathy, and motivational interviewing techniques.
- **Training Requirements:**
  - **Hours:** 4 hours
  - **Prerequisites:** None
  - **Field Supervision:** None required
  - **Materials:** Communication skill-building worksheets and practice scenarios.
  - **Textbook:** "Nonviolent Communication: A Language of Life" (Current Cost: \$16.00)
- **Cost:**
  - **Individual Rate:** \$100 (with textbook: \$116.00)
  - **Group Rate (5 or more):** \$80 per participant (with textbook: \$96.00)

## 4. Ethics and Boundaries in Peer Support

- **Description:** This training addresses ethical considerations and boundary-setting in peer support roles, ensuring participants understand their responsibilities and the importance of professional