

## 7. Self-Care Practices for Peer Support Specialists

- **Description:** This workshop focuses on self-care techniques for peer supporters to prevent burnout and maintain personal well-being while supporting others.
- **Training Requirements:**
  - **Hours:** 3 hours
  - **Prerequisites:** None
  - **Field Supervision:** None required
  - **Materials:** Self-care plans and stress management resources.
  - **Textbook:** "Self-Care for Peer Specialists" (Current Cost: \$25.00)
- **Cost:**
  - **Individual Rate:** \$75 (with textbook: \$100.00)
  - **Group Rate (5 or more):** \$60 per participant (with textbook: \$85.00)

## 8. Group Facilitation Skills for Peer Support

- **Description:** This training equips participants with essential skills for facilitating peer support groups, including creating inclusive environments, managing group dynamics, and engagement techniques.
- **Training Requirements:**
  - **Hours:** 4 hours
  - **Prerequisites:** None
  - **Field Supervision:** None required
  - **Materials:** Facilitation guides and activity resources.
  - **Textbook:** "Group Facilitation: A Research and Applications Approach" (Current Cost: \$40.00)
- **Cost:**
  - **Individual Rate:** \$100 (with textbook: \$140.00)
  - **Group Rate (5 or more):** \$80 per participant (with textbook: \$120.00)

## Summary

These **Peer Services Trainings** are tailored to empower individuals with lived experiences, enabling them to become effective peer support specialists and community advocates. By offering flexible learning options and focusing on essential skills and knowledge, Amitie LLC aims to enhance the capacity of peer supporters to foster recovery, resilience, and community building. Each training program is designed to meet the unique needs of participants while promoting best practices in the peer support field.

Here's a comprehensive description and overview for each of the specified **Peer Services Trainings** workshops offered by Amitie LLC, each designed to be 1-3 hours long. The training provides essential