

knowledge and skills for peer support specialists and those interested in peer support work.

## 1. Foundations of Peer Support

- **Description:** This workshop introduces the core principles and values that underpin peer support services, emphasizing the importance of lived experience, empathy, and mutual respect in the recovery process.
- **Focus:** Participants will explore the foundational concepts of peer support, including its history, ethical considerations, and the impact of peer support on recovery.
- **Duration:** 2 hours
- **Target Audience:** Individuals entering the peer support field, current peer support specialists, and community health workers.
- **Cost:** \$75

## 2. Navigating Recovery: Peer Support Strategies

- **Description:** This training equips participants with practical tools and techniques to provide effective peer support throughout the recovery journey.
- **Focus:** Emphasizes strategies for helping peers navigate challenges, set goals, and utilize resources effectively.
- **Duration:** 3 hours
- **Target Audience:** Peer support workers, recovery coaches, and mental health professionals.
- **Cost:** \$100

## 3. Building a Peer Support Network

- **Description:** This workshop focuses on creating and maintaining supportive peer relationships within communities and organizations, emphasizing connection and collaboration.
- **Focus:** Participants will learn how to establish peer networks, cultivate supportive relationships, and the importance of community in recovery.
- **Duration:** 1.5 hours
- **Target Audience:** Peer supporters, community organizers, and mental health advocates.
- **Cost:** \$60

## 4. Ethics and Boundaries in Peer Support

- **Description:** This training addresses the ethical considerations and boundary-setting necessary for effective peer support practice, focusing on maintaining professionalism.
- **Focus:** Understanding confidentiality, dual relationships, and managing boundaries to protect both peers and the support worker.
- **Duration:** 2 hours
- **Target Audience:** Peer support specialists, recovery coaches, and mental health professionals.
- **Cost:** \$75

## 5. Trauma-Informed Peer Support Practices