

- **Description:** This workshop teaches participants how to integrate trauma-informed care principles into their peer support work, providing safe and supportive environments for those with trauma histories.
- **Focus:** Integrating techniques that recognize and respond to the effects of trauma while fostering resilience and recovery.
- **Duration:** 3 hours
- **Target Audience:** Peer support workers, behavioral health professionals, and advocates.
- **Cost:** \$100

6. Goal Setting and Motivation for Peers

- **Description:** This training focuses on strategies for assisting peers in setting and achieving personal goals, encouraging a proactive approach to recovery and self-improvement.
- **Focus:** Techniques for motivating peers, tailoring goal-setting strategies, and tracking progress.
- **Duration:** 2 hours
- **Target Audience:** Recovery coaches, peer support specialists, and community health workers.
- **Cost:** \$75

7. Crisis Management for Peer Support Workers

- **Description:** This workshop provides essential skills for managing crises effectively within peer support contexts, including identification, assessment, and intervention strategies.
- **Focus:** Techniques for de-escalation, intervention, and providing support during a crisis situation.
- **Duration:** 3 hours
- **Target Audience:** Peer support workers, crisis intervention teams, and mental health professionals.
- **Cost:** \$100

8. Advocacy Skills for Peer Support Workers

- **Description:** This training equips participants with the techniques for effectively advocating for individual and community needs within mental health and social services.
- **Focus:** Skills for promoting peers' rights, raising awareness of issues, and influencing policy changes.
- **Duration:** 2 hours
- **Target Audience:** Peer support specialists, community leaders, and advocates.
- **Cost:** \$75

9. Effective Communication for Peer Support

- **Description:** This workshop enhances communication skills critical for peer support roles, focusing on verbal and non-verbal techniques to foster connection and understanding.
- **Focus:** Learning to communicate effectively with peers, families, and professionals to enhance support and collaboration.
- **Duration:** 1.5 hours
- **Target Audience:** Peer support workers and community health professionals.
- **Cost:** \$60

10. Peer Leadership and Facilitation Skills