

Peer Support Core Competencies Training

A free, comprehensive, introductory peer support training intended for those seeking to become a peer supporter or working in a peer support setting.

Curriculum

Recovery & Wellness

Foundations of Peer Support

The Peer Support Role

Communication Basics

Connecting through our Experiences

Peer Support Relationships

Ethics & Boundaries

Trauma Informed Care-Practices

Stigma & Discrimination

Culture, Diversity & Worldview

Social Determinants of Health & Advocacy

Self-Determination & the Stages of Change

Distress & Crisis

Wellness Planning

Resilience

Group Facilitation (optional)

The core training curriculum consists of the 15 two-hour modules outlined to the left with a 16th optional module for those who are interested in continuing their learning with a focus on group facilitation skills.

Participants must be in attendance for the entirety of the three foundational modules (modules 2, 5 and 10 highlighted in blue), and must not miss more than 4 hours in total of the core, 15 modules in order to qualify for a Certificate of Completion.

Cohorts run approximately quarterly.

The Peer Support Core Competencies training is built on the key learning outcomes from:

- Peer Support Canada's Knowledge Matrix, Code of Conduct and Principles of Practice
- The Mental Health Commission of Canada's Guidelines for the Practice and Training of Peer Support
- The Best Practices in Peer Support report from Health Canada's Drug Treatment Funding Project and Addictions and Mental Health Ontario
- The principles of trauma informed support, with an emphasis on developing overall psychological wellness

Curated within this training are toolkits and resources that have been created by the Centre for Innovation in Peer Support which support the most current, best practices in peer support.

Please contact us or visit our website for more information:



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