

# INTERESTED IN PEER WORK?

Take a big step  
towards your  
dream with this  
little course...



PEER  
4PEER

Mental illness isn't a choice but recovery is

Would you like to be a peer worker and help others, turning your life's difficulties into something positive for others to learn from?

Do you already work as a peer worker and you would like to build on your skills and grow in confidence?

Our three-day course will give you a solid foundation in the principles and practice of peer support.

You don't have to be "recovered" to start this journey... all you need is passion and an open mind and heart.

Our training is relaxed, fun and inspiring. We offer a safe, non-judgmental environment.

Our facilitators have lived experience of mental illness and years of peer work practice to draw from.

We look forward to meeting you!

## Essentials in Peer Support

Learn how to help others!

Training for people with lived experience of mental health challenges

Three days of face-to-face training and mentorship with experienced peer workers.

### DATES for 2022:

Saturday 26<sup>th</sup> February, 5<sup>th</sup> and 12<sup>th</sup> March  
9:00 am to 3:30 pm

### WHERE

Baringa Community Centre, Baringa  
(West Caloundra)

### COST

\$850 full fee

\$650 subsidised fee (limited spaces –  
please apply on the website)

### MORE INFO / HOW TO ENROL

Visit [www.peer4peer.com.au](http://www.peer4peer.com.au)

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