

Are you a person who identifies as living with a disability who is interested in working in the helping field?

Do people often come to you for advice or to talk things through? Do you want to learn more about how to best support them?

Victoria Disability Resource Centre's

Peer Training Program



Designed for persons with disabilities in supporting their peers.

8-Week Certificate Program for 2023 via Zoom

**January 11, 18 and 25
February 1, 8, 15 and 22
March 1**

9:00 AM to 12:00 PM

Developed and Facilitated by and for Persons with Disabilities.

Topics Include:

- Working Values in the Helping Relationship
- Giving Information and Self-Disclosure
- Brainstorming and Balance Sheet Technique
- Guidelines for Choosing Issues/Problems, and Developing Action Plans
- Stress and Stress Management
- Loss and the Grieving Process
- And more...

For more information, or to register, please contact Kevin, Peer Support Coordinator, at 250-595-0044 ext. 112 or peersupport@drcvictoria.com

This program was made possible by funding from the Greater Victoria Savings & Credit Union Legacy Fund.

Victoria Disability Resource Centre
817A Fort Street, Victoria, BC V8W 1H6
250-595-0044
reception@drcvictoria.com

Open Mondays to Thursdays 9:00 am to 4:00 pm and Fridays 9:00 am to 2:00 pm