



Peer Support is an intentional relationship between people who have a lived experience in common, for example, parenting, immigration, or health issues.

Connection and belonging destroys isolation and creates a deep, lasting holistic understanding based on that shared experience.

We connect as equals giving and receiving mutual empowerment, growing in confidence and moving forward towards change and self discovery.



PARENT CONNECTIONS

PEER SUPPORT TRAINING

Oct. 15th—Dec.10th, 2020
Thursdays 10-11.30 am
Online via Zoom

A 9 week training opportunity
for adults interested in working
with families and children
ages 0-6years old.

RICHMOND
family
PLACE



PURPOSE

- Break down isolation
- Build supportive relationships
- Develop leadership skills
- Encourage information sharing
- Explore new concepts
- Facilitate multi faceted growth
- Invest in education
- Manage mental health
- On the job training
- Prepare for future employment
- Strengthen community



CONTENT

- Basic Child Development
- Boundaries
- Communication Skills
- Community resources
- Empathy
- Family Resource Programs
- Guest speakers
- Multiculturalism & diversity
- Understanding Peer Support
- Volunteering
- Work place dynamics
- And much, much more ...

CONTACT

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FORMAT

- 20 hrs of training over 10 weeks
- Weekly classroom sessions
- Small groups of 8-12 people
- Interactive learning
- Practical training
- Child care provided



Parent Connections is a part of the Smart Fund, a community health program begun in 1997 through Vancouver Coastal Health. The fund invests in community based programs that help empower communities to identify and manage their own health needs, playing



Vancouver
CoastalHealth
Promoting wellness. Ensuring care