



## **New PeerZone trainings for peer facilitators coming this fall/winter!!**

### **What is PeerZone?**

- PeerZone is a series of **18 workshops in mental health and addiction**, backed up by online resources, training, and support services for peer facilitators.
- The workshops explore recovery and wellbeing, and cover a range of important themes such as stress, lifestyle, relationships, stigma, and advocacy.
- PeerZone works on three levels – it creates safe spaces for peers to have meaningful conversations, it offers tools for whole of life wellbeing, and it creates a community of support.

### **What participants are saying about the PeerZone Ontario Workshops:**

- I got a real sense of belonging.
- It helped me realize everyone has stress in their life. I'm not alone!
- I felt safe to have unique conversations that were inclusive, respectful and non-judgmental.
- It's empowering. You feel comfortable. We all participate.

### **What peer support staff are saying about facilitating PeerZone Workshops:**

- It's fun and can really unlock some deep insight into yourself and life. It really builds a sense of community and comfort.
- A great way to structure peer groups, have meaningful conversations, inspire hope and self-determination. I am so proud to be a part of PeerZone!
- It's a strong tool providing diverse learning/sharing methods with enough 'standard structure' to be able to facilitate with ease and comfort.

#### **Dates for upcoming PeerZone trainings:**

- October 3<sup>rd</sup> – 7<sup>th</sup>
- November 14<sup>th</sup> – 18<sup>th</sup>
- January 23<sup>rd</sup> – 27<sup>th</sup>

#### **PeerZone Contact for trainings in Ontario**

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