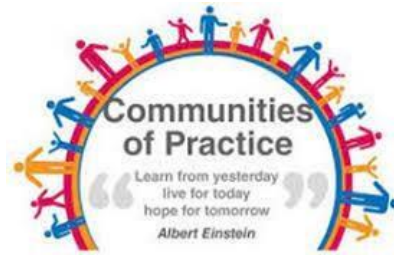


Peer Support Community of Practice

2024 Virtual Meetings



What is Community of Practice?

Communities of practice are formed by people who engage in a process of collective learning in a shared domain of human endeavor: a tribe learning to survive, a band of artists seeking new forms of expression, a group of engineers working on similar problems, a clique of pupils defining their identity in the school, a network of surgeons exploring novel techniques, a gathering of first-time managers helping each other cope. In a nutshell:

Communities of practice are groups of people who share a concern or a passion for something they do and learn how to do it better as they interact regularly.

Peer Support Community of Practice meetings provide an opportunity for all individuals providing peer support services to come together to engage in case collaboration, training and administrative updates.

Community of practice meetings provide the peer support community with a chance to discuss the things that are going well, the things that are proving difficult and potential ways of improving their peer support practice.

Community of practice meetings also provide opportunities for ongoing training in the provision of peer support services. One of the values of peer support involves lifelong learning and personal development. It is vital peer supporters are continuously reflecting on their practice and are provided with opportunities for improvement.

Examples of potential training topics to be covered within a community of practice meeting include:

- Supporting participants experiencing pervasive feelings of hopelessness
- Navigating conversations about medication as a peer supporter
- Supporting participants experiencing thoughts of suicide
- Working as a part of an interdisciplinary team
- Avoiding peer drift
- Communicating the peer support role to others
- Personal safety and anonymity
- Wellness strategies for peer supporters
- Cultural competency

Peer supporters should be invited to facilitate training opportunities themselves. Peer supporters come with unique strengths, knowledge, capacities and skill sets, and these valuable insights should be encouraged and shared. This also increases the sense of community within peer supporters and reduces the chances of peer supporters becoming siloed within their roles.

Peer Support Community of Practice Email coppeers@krasmancentre.com

The purpose of the Peer Support Community of Practice is to provide a forum for mutual support, to share ideas and engage in activities that develop the practice and profession of peer support. Bring your ideas, questions, share your successes & challenges and join in wrap around peer support. A free event for people with lived experience and lived expertise.

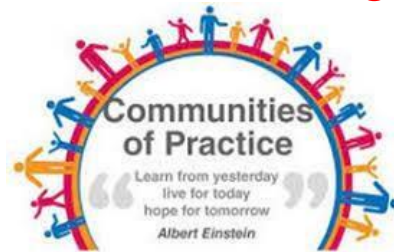
When: Monthly

Where: Virtually via zoom

Meeting Schedule: attached



Peer Support Community of Practice Virtual Meetings



Meeting Schedule 2024

Date	Time
Monday, January 22, 2024	5:30 pm – 7:30 pm
Tuesday, February 20, 2024	5:30 pm – 7:30 pm
Tuesday, March 19, 2024	6:30 pm – 8:30 pm
Monday, April 22, 2024	5:30 pm – 7:30 pm
Monday, May 23, 2024	1:30 pm – 3:30 pm
Tuesday, June 18 2024	6:30 pm – 8:30 pm
Monday, July 22, 2024	1:30 pm – 3:30 pm
Monday, August 19, 2024	5:30 pm – 7:30 pm
Monday, September 19, 2024	1:30 pm – 3:30 pm
Monday, October 21, 2024	5:30 pm – 7:30 pm
Tuesday, November 19, 2024	6:30 pm - 8:30 pm
Thursday, December 19, 2024	1:30 pm – 3:30 pm

REGISTRATION NOT REQUIRED:

A Zoom link will be sent out with the CoP meeting invitation. We would love to see you there!

Questions? Please email coppeers@krasmancentre.com

**‘We believe in the transformative power of
Peer Support.’**