

KeepingSane®

for Peer Supporters



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Being a peer support can often be challenging and may lead us into uncertain areas of 'How can I help', 'How much should I help' and "How much am I allowed to help".

Looks at boundaries that keep us safe, uses a strengths based approach that can be used in the workplace, and our lives, that enables our peers to help themselves.

Solution focused and explores how to define the issue, identify strengths and resources. Helps the person develop a desirable future.

Very hands on session where participants learn to apply a simple interactive tool using achievable and manageable steps for a better outcome.

Work through real life problems in the context of their work or home, leave with a simple, highly effective plan they can implement now!

**Delivery of presentation
(allow 5 to 6 hours) and
participant resources**

Maximum 20 participants

(additional costs for larger numbers)

**For more information contact
info@brainambulance.com.au**



Prices are subject to change without notice

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