

Tasman Mental Health Peer Support Training

Will you join us for skills training, reflection and practice in supporting our local friends and families?

If you have some mental health or suicide prevention training, join us for five 2.5-hour face-to-face facilitated training sessions, plus six 1-hour facilitated online group coaching sessions. We'll focus on:

- practice conversations
- learning from and reflecting on our experiences
- building confidence, skills and knowledge of resources
- building our own resilience

**Session 1: 9.30am–noon
Saturday 8 February**
Four additional sessions to be run at a time to be agreed.



JONATHAN BEDLOE
Training | Facilitation | Collaboration

JB

Our facilitator, Jonathan (JB), has worked in community, health and tourism for over 30 years, and lives in SE Tassie. As a trainer and facilitator, he works hard to help people build resilience and support for each other.

Sponsor

**TASMAN
VOICE FOR
HEALTH**

For further information contact
Debra Mill 0447 428 722 or
debra@healthconsumerstas.org.au

Let's grow local support across the Tasman Peninsula.