



LET'S OPEN A DOOR
TOGETHER

PEER SUPPORT PROGRAMS

How do I register for RST training?

1. Go to our website:

WWW.PEERSUPPORTCSC.COM

Where we will also have information about:

- Peer Support
- Recovery resources
- All groups available
- Online registration

2. Call: 1-800-211-0585 and leave your name and contact information

3. Email: wrapinfo@communitascare.com

4. Go to your local clubhouse and leave your name and contact information



PEER
SUPPORT



fraserhealth

Better health.
Best in health care.

RECOVERY
SUPPORT
TRAINING

For personal growth

*To prepare for human
service work*



Recovery Support Training

What is Recovery Support Training?

Recovery Support Training is a Fraser Health program in partnership with Clubhouses and the Peer Support Services, delivered at Clubhouse and Online.

The purpose of this collaboration between peer support services and clubhouses is:

- to provide basic self-improvement, recovery education and relationship development skills (communication and conflict resolution skills) to people with mental health challenges.
- to provide a valuable foundation for those who have the skills and desire to work in human services



Recovery starts with the Awakening of Hopes and Dreams.

How will it help me with my personal life?

Learning about your own recovery and how to interact and communicate with others helps in many ways:

- Talking to others at the clubhouse
- Dealing with professionals
- Socializing with friends
- Interacting with co-workers

How will it help me with work or education?

Learning how to interact and communicate is very helpful in any work that deals with people regardless of your role.

For example, you may:

- Take on a leadership role and support members at your local clubhouse
- Go on to a program in the human service field
- Look for work in the human service field
- Use the skills in any work with people

