

# PEER SUPPORT ACADEMY 20-HR BASIC TRAINING

## OVERVIEW

Learn the fundamentals of being an effective peer supporter from cross-trained emergency counselors and peers with “lived experience.” Class focuses on wellness, recovery, ethics, and mental-physical self-defense. Active wear dress code. Clinicians and clergy encouraged to attend. Part 1 of 2 toward Nationally Certified Peer Recovery Support Specialist credential. Learn more about credentialing at: [https:// www.naadac.org/ncprss](https://www.naadac.org/ncprss).



## TRAINING

- ▶ How to Be An Effective Peer Supporter
- ▶ Mental and Physical Self Defense
- ▶ Ethics and Confidentiality
- ▶ Critical Incidents
- ▶ Stress Management
- ▶ Strategies for Staying Mentally Fit
- ▶ Suicide Awareness
- ▶ Family Support

## INSTRUCTORS

**Kelli Gilchrist**  
(Denver FF), LPC, NCC  
**Kristy Yarbrough**  
DPT

## SPONSORS

Building Warriors  
Boulder Fire-Rescue &  
Boulder Rural FPD  
Foundation 1023



## REGISTER

### Contact

Moraya@buildingwarriors.net  
720-504-6207  
[www.buildingwarriors.net](http://www.buildingwarriors.net)

## COST

\$250

limited  
scholarships  
available

## WHEN

March 9th - 11th  
2018

6:00pm – 9:00pm (Fri)  
9:00am – 5:00pm (Sat/Sun)

## WHERE

Boulder Regional Fire  
Training Center

6055 Reservoir Road  
Boulder, CO 80301