

# CoMHWA Online Training

## January – July 2024

For bookings and enquiries please contact [admin@comhwa.org.au](mailto:admin@comhwa.org.au) or (08) 9258 8911

CoMHWA's training workshops are **FREE for individual members** – sign up via our website:  
[comhwa.org.au/membership](http://comhwa.org.au/membership)

Date	Program	Time
Tuesday 6 <sup>th</sup> February	Coping Skills	10.30am-1.30pm
Tuesday 12 <sup>th</sup> March	Intentional Disclosure for Peer Workers	10.30am-1.30pm
Tuesday 16 <sup>th</sup> April	Informed Choice: My Medicines and Me	10.30am-1.30pm
Tuesday 14 <sup>th</sup> May	Communication for Peers	10.30am-1.30pm
Tuesday 28 <sup>th</sup> May	What Recovery Framework Works for Me	10.30am-1.30pm
Tuesday 25 <sup>th</sup> June	Introduction to Peer Navigation	10.30am-1.30pm
Tuesday 16 <sup>th</sup> July	Introduction to Peer Work	10:30am-2:30pm

We can also provide targeted and specialised training for organisations both onsite and online.  
Partial subsidies are available for Associate Members – call us to find out more.

Online Workshop	What to Expect
<b>Coping Skills</b>	This workshop explores the things we do to keep ourselves well. We explore heroic self-compassion, what self-care looks like for us and personal coping skills which work for us as individuals.
<b>Intentional Disclosure for Peer Workers</b>	This workshop addresses the importance of purposeful lived experience sharing in Peer Work roles and consumer representation. Key elements and aspects of sharing lived experience safely, ethically and effectively considering a trauma-informed and recovery-based approach are discussed.
<b>Informed Choice: My Medicines and Me</b>	This brief online workshop explores the principle of “informed choice” with a focus on individuals’ rights to have choice in their medication and what works for them. It provides helpful tips on how to talk to your health professionals about what you want (and don’t want) from your medicines.
<b>Communication for Peers</b>	Explores styles of communication and the impact on maintaining effective relationships for well-being within the peer support context.
<b>What Recovery Framework Works for Me</b>	This workshop uses the Mad Studies approach to explore alternative frameworks to the concept of psychiatric diagnoses. If the label of being ‘mentally ill’ does not fit how you see yourself – this workshop is for you.
<b>Introduction to Peer Navigation</b>	This interactive workshop builds skills to support individuals to identify, locate and access suitable supports for their wellbeing. Build your confidence to navigate complex systems and learn to draw upon personal lived experience and your knowledge of systems, services and community connections.
<b>Intro to Peer Work</b>	This course is designed for people with lived experience of mental health who feel they have progressed along their recovery path and would like to know about Peer support work. You will be provided with an overview of the Peer and consumer advocacy sectors and introduced to values and key aspects of what it means to be a Peer support worker.

For further information contact:



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