

# Upcoming Training at CoMHWA

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
Thursday 1 <sup>st</sup> February	Introduction to Peer Work	10.30am – 3.30pm
Thursday 7 <sup>th</sup> March	Speak up; Be Heard	10.30am – 2.00pm
Thursday 28 <sup>th</sup> March	Introduction to Peer Group Facilitation	10.30am – 3.30pm
Thursday 11 <sup>th</sup> April	Find your Path and Build your Support Team	10.30am – 2.00pm
Thursday 16 <sup>th</sup> May	Intro to Consumer Representative Training	10.30am – 3.30pm
Thursday 6 <sup>th</sup> June	Telling your Story Safely	10.30am – 3.30pm
Thursday 25 <sup>th</sup> July	Coping Skills	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>Intro to Peer Work</b>	<p>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.</p> <p>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.</p>
<b>Speak Up; Be Heard</b>	<p>This interactive session covers the basics of self-advocacy. The purpose of this workshop is to gain your confidence when talking to services or to your supports like your case manager, support worker, GP and psychiatrist.</p>
<b>Introduction to Peer Group Facilitation</b>	<p>Learn planning and facilitation skills and strategies to facilitate a Peer support group. Find out how to manage difficult and disruptive behaviors while building your confidence in a supportive learning environment.</p>
<b>Find your Path and Build your Support Team</b>	<p>This workshop builds participants' confidence to put together a network of services and supports from what is available in a way that best meets individuals' well-being needs.</p>
<b>Introduction to Consumer Representative Training</b>	<p>Gain skills in consumer representation, recovery rights, advocacy advisory groups and committee skills, and learn how to use your lived experience of mental health to help others.</p>
<b>Telling your Story Safely</b>	<p>Explore safely revealing parts of your story and sharing your lived experience in such a way that serves your personal purpose. Suitable for anyone with a lived experience of mental health distress who wishes to disclose experiences to their immediate circle with a view to increase awareness and understanding.</p>
<b>Coping Skills</b>	<p>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.</p>

For further information contact:



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