



DOORS TO
WELLBEING



Wednesdays and
Fridays
Aug 3rd - Aug 19th
12:00 - 3:00 PM

PEER GENERATION YOUTH EMPOWERMENT ONLINE TRAINING

FREE
SIX SESSION
COURSE

This youth developed training offers an experiential introduction to youth peer support. It focuses on strategies for resiliency and offers pathways for individuals to get in touch with their unique and authentic selves. Participants will experience an environment that is culturally grounded and focuses on practical ways to be inclusive toward the diversity of all communities and experiences. Individuals will be better equipped to practice peer support in real life situations that could be easily implemented. Personal sharing and mutual learning are at the core of this curriculum.



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