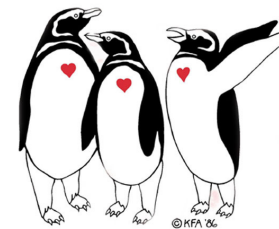


Friends are Good Medicine Presents: Toward Effective Self-Help: A Group Facilitator Training



Learning Objectives

- An Introduction to self-help
- Goal Setting
- Setting up and running groups
- Planning successful meetings
- Values and self-esteem
- Communication skills
- Group dynamics
- Leadership and stigma reduction

Who Should Attend

This training consists of 12 hours of in class instruction on how to facilitate a Community Support Group. This training is open to all that are interested in starting a support group or to those that are seasoned group facilitators but are wishing to increase their skills or to learn new ones.

Training Schedule: Thursday Mornings

March 16, 2017

March 23, 2017

March 30, 2017

April 6, 2017

Time: 9:00 am to 12:00 pm

Location: Behavioral Health & Recovery Services

Redwood Room

800 Scenic Drive, Modesto

To register e-mail:

bhrstraining@stanbhers.org

For information contact:

Tim White
(209) 525-4977

Those who attend all four trainings will receive a certificate of completion!

Learn more about the Friends are Good Medicine Peer Support Program at

www.friendsaregoodmedicine.com

This training is part of the Stan-Up for Wellness! Campaign www.stan-up.org



Made Possible by Mental Health Service Act Funding
Stanislaus County Behavioral Health & Recovery Services Prevention & Early Intervention Services
Sponsored by the Stanislaus County Board of Supervisors