



Peer Support Training Program



Teen Talk, a program of Klinik Community Health Centre, offers an approximately 35-hour training program for youth ages 14-19 either at Klinik or in your area. This program is designed to provide young people with accurate, non-judgmental information, and to assist them in their efforts to share that information with their peers.

BENEFITS of this training include:

- ★ direct training experience you can put on your resume
- ★ networking with youth + service providers
- ★ comprehensive knowledge in the areas of sexuality, reproductive health, anti-violence and mental health
- ★ free comprehensive training manual
- ★ improved communication + public speaking skills
- ★ ongoing support through meetings and updated resources
- ★ an exciting and challenging volunteer opportunity
- ★ the ability to help peers deal with tough issues through support and referrals
- ★ volunteer hours that can be put towards a high-school credit

Through this youth-directed program, Peer

Supporters have accomplished:

- developing, preparing and presenting educational skits and workshops
- creating a 'zine
- organizing resource lockers
- coordinating and answering Betty and Johnny Notes in schools
- organizing events such as a community action to fight poverty
- presenting at and attending conferences
- giving peers non-judgmental support and youth-friendly resources
- winning the 2003, 2005 and 2006 Mayor's Volunteer Service Award
- the options are limitless!!!

Training Topics Include: Youth Sexuality, Communication Skills, Birth Control, Pregnancy Options, Appreciating Diversity, Teen Dating Violence, Mental Health and Suicide Awareness, Sexually Transmitted Infections (including HIV/AIDS), Substance Use Awareness, and Body Image

In Winnipeg, in-house trainings (at Klinik on Broadway) occur approximately 4 times per year. Please speak to the Teen Talk Coordinator if you're interested in an area-based training (we'll come to your area and help train your Peer Supporters or Natural Helpers). Outside of Winnipeg, trainings may be sponsored by schools and other organizations and can be adapted to meet your group's needs. Please call us for more details.

If you are interested in becoming part of the Teen Talk Peer Support Program or booking a training for your **school, community or region** please call us or fill out this form and return it to the Peer Support Coordinator by mail, fax, or e-mail.

Name: _____ Age (if
student): _____
Address: _____ Postal Code: _____
School/Organization: _____
Phone #: _____ Fax #: _____