

Community Helpers Program

This program helps identify and train Alberta's youth and young adults and as well as adults who support people through challenges.

The program provides opportunities to strengthen support skills and learn more about mental health issues and suicide prevention. It is a basic training reduces the stigma of mental health by increasing community knowledge while obtaining practical skills to help others. ***This is FREE program!***

The Program:

- Bridges "formal" and "informal" support for people
- Focuses on prevention and early identification for people who may be at risk
- Increases confidence when dealing with a crisis
- Reduces stigma by increasing community awareness
- Expands knowledge on mental health issues
- Improves interventions for those who may be at risk of suicide
- Self awareness, self care, and boundaries

Topics Include:

Ethics of Helping, Labeling, Active Listening, The Helping Skill, The Self Helping Skill, Limits and Strategies, Healthy Boundaries, Understanding Suicide, Managing Stress

How long is the Training?

Training is flexible but typically include six to nine modules that can be delivered in two days or once a week until completion (typically 6-9 sessions). Short session of 1.5 hour is a possibility as well. To receive a CHP Certificate (certified to help others) the individual must complete 6-9 modules. Presented in a classroom setting, maximum of 30 students per session.

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