

July Dates

Join The Buddy Community

The Community Buddy/Peer Support team invites all those active in their communities - clubs, associations, residents' committees, etc – to join our Community Buddy Training Programme.

*** Free of charge to all clubs, community associations and residents' groups**

'Community Buddy' Training Programme

Delivery

Online via Zoom

(free to community and residents' groups)

2 full days – 9.30am to 5pm

Thurs 14th and Fri 15th July

or

4 evenings over 2 weeks – 7pm to 10pm

**Mon 11TH, Tues 12TH, Mon 18TH
& Tues 19TH July**

Learn How To:

- » Provide strong support for peers who are dealing with a mental health issue
- » Provide a listening ear and show empathy to those in mental health distress
- » Support peers so they may take positive, resilience-enhancing actions and adopt positive coping strategies
- » Identify significant levels of distress and, if necessary, mentor individuals to seek appropriate professional help

For more information or to express an interest in your community taking part, please visit us on

cycleagainstsuiticide.com



Community Buddy
is an initiative of
Cycle Against Suicide