



## **UPCOMING CLASS For First Responders**

**October 17 - 19, 2016**

Monday, Tuesday & Wednesday  
8:00 AM – 4:00 PM each day

Location:  
La Mesa Fire Department  
8034 Allison Ave  
Station 11  
La Mesa, CA 91942

Register at  
[CaliforniaPeerSupport.org](http://CaliforniaPeerSupport.org)

For questions or more information  
contact:

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First Responder

# **Basic Peer Support & CISM**

Course fee:  
\$100 (CPSA Members)  
\$150 (non Members)

This is a 3 day class

Topics that will be presented are:

- What is a peer supporter
- Active listening
- Setting up a peer program
- Role of mental health clinicians
- Balancing work & relationships
- Addictions
- Suicide
- Assisting grieving coworkers
- Depression
- Mitchell Model Debriefing
- Mitchell Model Defusings
- Critical Incident Stress Management
- Scenario Training
- Taking care of you

All concepts will be taught, discussed and practiced. Realistic scenarios will be utilized in scenario training. Certificates of completion will be issued in both Basic Peer Support and ICISF Group Intervention.