# **Certified Police Peer Support**

## **40 Hour Training**

HOSTED BY
BRAVE POLICE & PUBLIC SAFETY WELLNESS CENTER
DR. ROBIN KROLL
BOARD CERTIFIED POLICE AND PUBLIC SAFETY PSYCHOLOGIST



#### WHAT IS PEER SUPPORT

The goal of peer support is to provide all public safety employees the opportunity to receive emotional and tangible support through times of personal or professional crisis and to help anticipate and address potential difficulties

(IACP PEER SUPPORT GUIDELINES, 2016)

### WHAT DO I NEED OTHER THAN A GREAT ATTITUDE?

- -Wear Gym Clothes
- -First Responders Yoga & Guided Meditation Exercises
- -Light Breakfast Provided
- -1 Hour Lunch on Your Own
- -Friday Pizza Party

DECEMBER 7-11, 2020 8:00 AM - 4:00 PM 6323 N AVONDALE AVE #111B COST: \$550.00

#### **AGENDA**

Power Point I Role Playing I Videos

DAY 1: Dev. a program, Active Listening, Depression

**DAY 2: Grief & Mourning, Line of Duty Death** 

DAY 3: CIT, Relationship Issues, Stress
Management

**DAY 4: PTSD, Suicide, Substance Abuse** 

DAY 5: Diversity, Community Relations, Resources

Taught by Trained Peer Support
We Can't Wait to Meet You!
\*Certificate Included

SUPPORT I INSPIRE I MAKE A DIFFERENCE OPPROTUNITY TO BECOME A TRAINER