



**UNIVERSITY OF
CALGARY**

COMMUNITY HELPERS

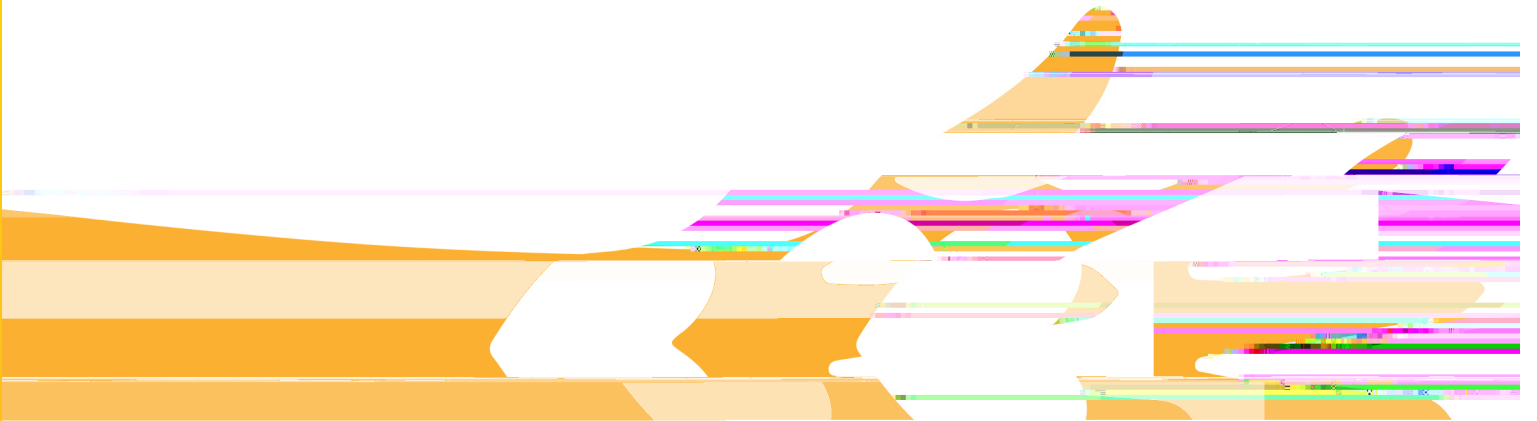
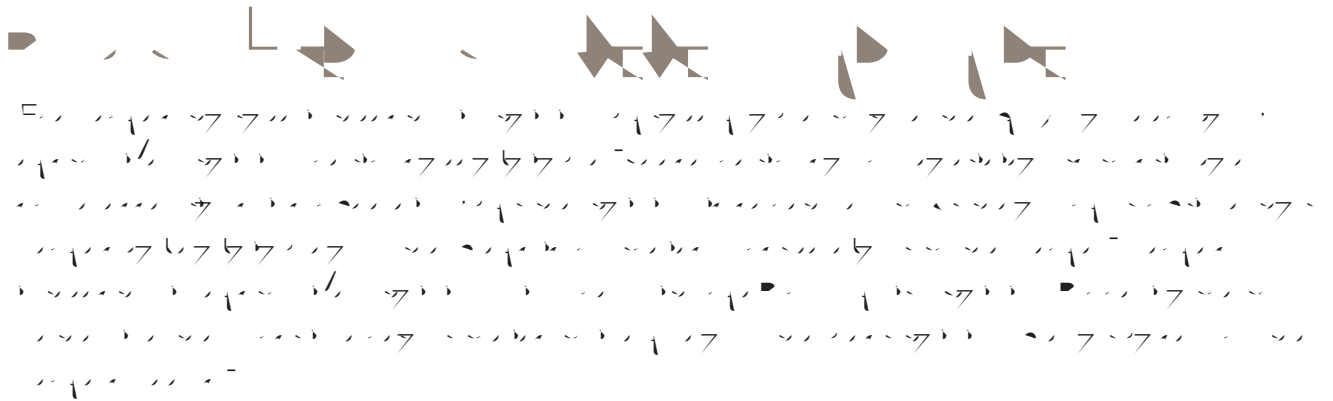


Equip participants with skills, knowledge, and resources to effectively help others

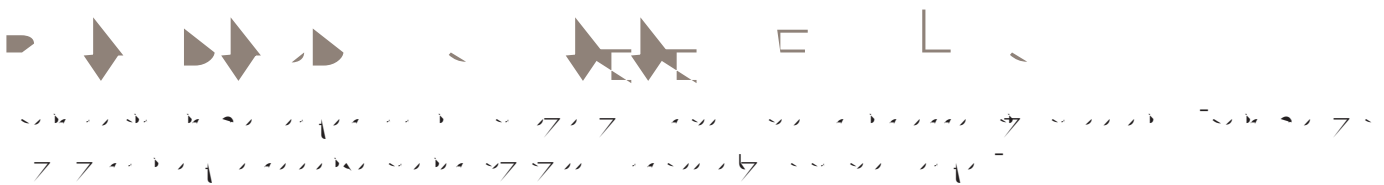
Bridge formal and informal support for young people

Focus on identification and early intervention for those who may be at risk

Reduce stigma by increasing community awareness

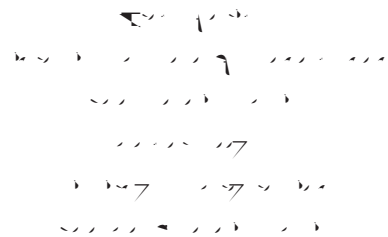


CUSTOMIZED TRAINING OPTIONS



This 3-hour training was facilitated to a group of student-staff who were responsible for providing services to new students. They were looking to gain some helping skills necessary to support students in their transition to university.

3 Hour Training (1:30pm-3:30pm)



This one-day training was facilitated to a group of staff who were looking to increase their knowledge and skills in supporting students who were experiencing stress or mental health concerns.

1 Day Training (8:30am-4:30pm)

