

1.00pm – 4.00pm
Wednesday 24 March 2010

Contact Point
Barony Housing Association
411-417 High Street
Kirkcaldy KY1 2SG

Introduction to Peer Support

Programme

1.00pm	Introductions
1.20pm	Recovery
1.40pm	What is Peer Support?
2.00pm	Feedback
2.10pm	Benefits of Peer Support
2.30pm	Comfort Break
2.40pm	Experience, Skills, Qualities
3.00pm	Feedback
3.10pm	Confidentiality
3.30pm	Risks, Boundaries
3.50pm	Winding up, conclusion

Facilitator:
Chrys Muirhead