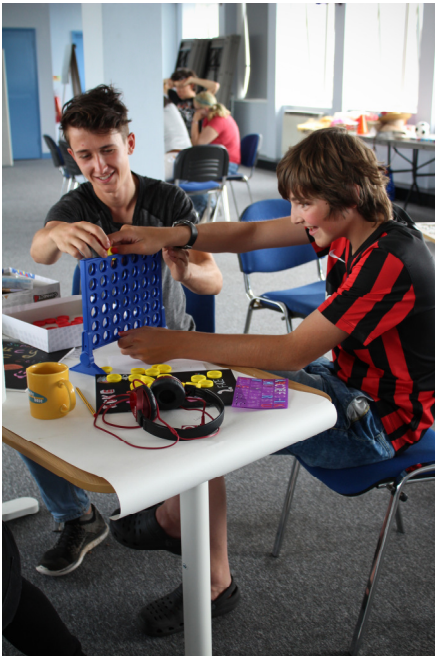


Want to be part of a friendly team of young people giving support to young people with SEND?

We need young people aged 18+ with and without special educational needs or disabilities (SEND) to volunteer to support young people aged 14+ with SEND.



Training Dates:

4 Thursday evenings

6:00 - 8:30pm

24th January

31st January

7th February

14th February

*I became a peer supporter because
I wanted to help young people become
more independent and learn to
support each other.*

By the end of the course you will:

Understand what **peer support** is and its benefits

Understand why **confidentiality** is important.

Be more **assertive**

Develop active **listening skills**

Understand your **role and responsibility as a peer supporter**

Learn about the **5 ways to wellbeing and being resilient**

Contact us

**If you'd like to train to be part of our team of
volunteers (or you would like support from a peer
support volunteer) contact:**

Sue Winter

on 07483111648

or

sue@amazesussex.org.uk