



**GROWING**  
THROUGH

## Peer Support Training for Life's Most Difficult Moments



Growing Through is an innovative, strengths-based approach to supporting others through challenging life events and personal distress. Guided by best practices for mental health peer support and suicide prevention, informed by the recovery model, humanistic psychology and lived expertise, Growing Through provides skills training for serving as an "ally" to others in these difficult times, including effective use of one's personal experience.

It is founded on the philosophy that every individual's life journey is unique and valuable. For some people, the most significant moments of that journey include intense difficulty, distress and/or pain, including despair and thoughts of death. By approaching struggle and crisis, including suicidal intensity, as parts of personal growth, Growing Through "Allies" help people find value and meaning in the midst of pain, and maximize their own resources for recovery.



Eduardo Vega has worked as a leader in advocacy and transformative behavioural health programs and practices internationally. This has included providing technical assistance, research and training projects, and major policy initiatives in suicide prevention, stigma and discrimination reduction, consumer rights and empowerment, community integration, self-help and peer support services. A person with lived experience of suicide and a consumer advocate himself, he helped found the Destination Dignity! Project, United Suicide Survivors International and other transformative initiatives.

### Dates & Locations

#### DUNEDIN

One Day Workshop:

Thursday 1 August 2019

#### AUCKLAND

One Day Workshop:

Friday 2 August 2019

### Investment

Govt. Agencies and Corporates: \$350 + GST

Not-for-Profits: \$300 + GST

Lived-Experience or Unemployed: \$250 + GST

If you are sending 4 or more delegates  
email us to get a discounted rate.

### Scholarships Available

Wanting to attend this workshop but struggling with the cost?

The Mental Health Foundation and GROW invite scholarship applications from individuals with 'lived experience of mental distress' or those who identify as Māori, Pacific, LGBTQ+ who are working within mental health, education, justice or social service settings. Please email [feona@grow.co.nz](mailto:feona@grow.co.nz) with why you are seeking a scholarship, and include a contact number in your email.

To book, go to:

[www.grow.co.nz/page/growing-through/](http://www.grow.co.nz/page/growing-through/)

