



**DISTRESS CENTRE**

24 HOUR SUPPORT | COUNSELLING | RESOURCES

## Community Training

*We currently offer the following training as online, self-paced modules. We also offer group and corporate training. Please contact [communitytraining@distresscentre.com](mailto:communitytraining@distresscentre.com) for more information.*

### Introduction to Crisis Intervention

Our Crisis Intervention Module is based on the approach used by our crisis line volunteers every day. Based in research, our approach to crisis intervention is both practical and effective. This module introduces learners to skills and strategies that they can apply in conversations at work and in their personal lives as they support people who are experiencing distress. The Crisis Intervention module takes approximately 90-120 minutes to complete.

### Addictions

It can be challenging to know how to support someone who has addiction issues. In this module we will discuss the causes and effects of addiction. This module has been designed to provide you with practical skills and techniques that you can apply to be an empathetic and informed support person to anyone struggling with an addiction. The Addictions module takes approximately 60-75 minutes to complete.

### Domestic Violence

The impacts of domestic violence are far reaching and can last a lifetime. Having a knowledgeable and engaged support person can make all the difference. In this module you will learn about the different types of domestic violence and the challenges that targets of abuse face. Learners will review key elements of safety planning to support both abusers and victims of abuse. The Domestic Violence module takes approximately 90 minutes to complete.

### Grief and Loss

Are you looking for a compassionate way to support others through grief and loss? In this module we examine the myths around grief and loss and then explore the different ways that people process these feelings. As learners better understand the effects of grief and loss, we will review strategies to support individuals navigating these complex emotions. The Grief and Loss module takes approximately 90 minutes to complete.

## Youth Issues

This module was designed for anyone who wants to better connect with and support the youth in their life. We know that adolescence is full of change and that it can be difficult for a young person to navigate. As you complete this module you will gain an understanding of the developmental stages that occur during adolescence and how development can impact decision making and relationships. Using a strengths-based approach, we will explore how to empower young people and keep the doors of communication open. The Youth Issues module takes approximately 120 minutes to complete.

## Mental Health

Are you trying to support someone with mental health concerns but aren't sure where to begin? This module is designed to help you support people with diverse needs and concerns. We will define mental health and explore the stigma that is associated with mental illness. Upon completion of this module, learners will have increased confidence around having conversations and offering meaningful support to individuals who are struggling with their mental health. The Mental Health module takes approximately 120 minutes to complete.

## Being an Ally (Coming soon!)

In this module trainees will learn to define what an ally is including understanding the many parts of a person that come together to form their identity. Learners will identify the many different aspects of life that can impact experiences and opportunities.

# Fees/Rates

## Individual Online Learning Module Fees

Modules Purchased	Total Cost		
1 module	\$60		
3 modules	\$162		
5 modules	\$270		

\*\*We offer a 10% discount for individuals purchasing more than one module.

## In Person Training Non-Profit Group Fees

Fees	Group Size: 2-6 people	Group Size: 7-15 people	Group Size: 16-30 people
1 module	\$400	\$600	\$900
3 modules	\$800	\$1500	\$2000
6 modules	\$1500	\$2500	\$3500
9 modules	\$1900	\$3000	\$4500

\*\*Additional participants beyond 30 people will be billed at \$50/person.

## In Person Training Corporate/For-Profit Group Fees

Fees	Group Size: 2-6 people	Group Size: 7-15 people	Group Size: 16-30 people
1 module	\$600	\$1000	\$1200
3 modules	\$1500	\$2100	\$2500
6 modules	\$2800	\$3600	\$4000
9 modules	\$3500	\$4700	\$5200

\*\*Additional participants beyond 30 people will be billed at \$100/person.

**Off-site training:** Training in the community is available with flexible day/evening/weekends options provided the space is projector and computer/laptop compatible. **Please note that a 10% surcharge is applied to off-site training or any transportation costs incurred by the presenter (whichever cost is greater).**

**Repeat Training Discount:** Distress Centre is happy to provide returning clients with a 10% discount on all future training costs. Please discuss this when booking your training.

**Return Policy:** No refunds or exchanges.

Please reach out to [communitytraining@distresscentre.com](mailto:communitytraining@distresscentre.com) with any questions or concerns.