

PEER TO PEER SUPPORT GROUP

FACILITATOR TRAINING

October 20 -21, 2017



**WORKSHOP
GOALS**

Facilitator Training Goal:

This workshop enables women who have struggles with a Perinatal Mood and Anxiety Disorder (PMAD) to start, grow and maintain ongoing, successful, peer-to-peer PMAD Support Groups. Participants will be trained by proven experts in the field and given educational, testimonial and practical experience, as well as validated techniques to ensure a continuous flow of new mothers in need of help. As a result, Bloom groups will become havens for suffering new moms, affording them the opportunity to meet with others in the midst of the same journey, and to be led by someone who has shared in that experience, and can offer knowledge, strength and hope from the other side.

Registration :

\$495 for workshop, includes breakfast, lunch and snacks each day.

Space is limited. Register today!

Specific Objectives:

Gain valuable knowledge, tools and specific strategies to begin and successfully maintain an ongoing a support group, based on a highly successful and proven model. Differentiate between a normal adjustment to motherhood versus postpartum depression, postpartum anxiety, OCD and psychosis and how to handle women affected by each. Hear powerful first-person accounts of how a peer support group model is integral to healing. Gain confidence as a leader by observing and dissecting a PMAD support group, and ultimately, leading one to put key learnings into practice. Determine how and when to incorporate your own story, and become comfortable with how much to divulge to enhance the healing of others. Learn when and how to escalate to the next level as needed (crisis plan). Understand how to incorporate technology into a support group to meet today's moms' needs (e.g. social media, texting)

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