



**GROWING**  
THROUGH

**STRENGTHS-BASED**  
**DIGNITY-FOCUSED**  
**TRAUMA-INFORMED**  
**COMPASSION-DRIVEN**



**GROWING**  
THROUGH

**Peer Support for  
Life's Most  
Difficult Moments**

### What is Growing Through?

Growing Through is a strengths-based approach to crisis support based in the growth/recovery model of mental health, humanistic psychology, peer coaching and trauma-informed care. Growing Through "practices" are keyed to supporting others in times of intensity when distress, and concerns of violence or suicide are present, including skills effectively sharing one's own journey.

Growing Through training seminars are highly experiential, and provide participants with the practical skills and confidence they need to be effective "Growth Allies" when times are tough, or any time.

Growing Through training is available for social service professionals, outreach, peer specialists, crisis counselors, college students, faculty, and the general public.\*

#### *GROWING THROUGH TRAININGS PROVIDE:*

- ◊ Skills and confidence for connecting with others at times of distress and intensity
- ◊ A growth & dignity perspective on struggle that is respectful of identity and culture
- ◊ Practice on difficult situations where violence, trauma or suicide risk are a factor
- ◊ Structured approach to using personal shared/lived experience for support
- ◊ A safe learning atmosphere keyed to participant experience and needs

Growing Through training complements ASIST, Crisis Intervention, SafeTalk, Peer Support and Peer Specialist trainings, QPR, Mental Health First Aid and many others. CEUs, CMEs available.

\*Growing Through seminars may require prior training or experience.

## **GROWING THROUGH TRAININGS**

### **Offering Presence (Pro Intro)**

**Ally/Professional Seminar: 1 day/ 7hr Intensive or 2 x 3 hour Inservice; Participant max: 44\***

*How can we authentically bring our full selves to someone experiencing struggle or intensity?* Offering Presence (OP) answers this question with advanced communications training for service providers including contact center staff, peer specialists and volunteers. OP develops practices for positive listening, and a structured approach for "Offering" personal experience.

### **Encountering Intensity**

**Intensive Seminar: 2 day/ 14 hrs Intensive: Participants: 24\***

*Encountering Intensity* in a special intensive for social service and healthcare staff, volunteers, outreach, public safety and mobile crisis workers. Designed to provide confidence in engagement, critical incident management, prevention of violence and suicide in the spirit of growth and compassion, Encountering Intensity brings a unique focus to skills that make a difference at tough moments.

### **Community Ally**

**Non-professional/Community Modules; 3x6 hours or Weekend Intensive: Participant limit: 60**

A unique learning experience for community members, college students, non-profit staff, security officers, or virtually anyone. It provides in-depth communication skills training, based on proven techniques for connecting, collaborative engagement and confidence in the times of distress or crisis.

### **Growing Through Pro**

**Ally/Professional Seminar: 5 day/ 40 Hour Intensive. Participants: Up to 24\***

Complete deep-skills training for community counselors, crisis contact staff, outreach workers, clinicians, certified Peer Specialists and others, *Growing Through Pro* (GTP) bridges the gap between mental health recovery services, crisis intervention and peer support. GTP takes professionals to the next level for positive engagement based in dignity and self-determination.

TO RESERVE TRAINING OR FOR FURTHER INFORMATION

[lisa@humannovations.net](mailto:lisa@humannovations.net)



**GROWING**  
THROUGH

*Make a difference to people in their toughest times.  
Become a Growth Ally today!!  
[www.growingthrough.net](http://www.growingthrough.net)*

## **PEER ALLY TRAINING**

**FOR CRISIS SUPPORT  
& SUICIDE PREVENTION**

**Peer Support for  
Life's Most  
Difficult Moments**



**GROWING**  
THROUGH

Anyone can Grow Through!

Everyone can be an Ally!!

Learn More Today!

[www.growingthrough.net](http://www.growingthrough.net)

Growing Through is a product of



**HUMANNOVATIONS**  
*Transformative Solutions for  
Healthy Minds and Communities*