

Campus Peer Support Training Program

Module 2



Canadian Mental
Health Association
Mental health for all



Land Acknowledgement



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Agenda

01

Personal
experiences

02

Biases & power
imbalances

03

Trust

04

Welcoming
spaces

A large, semi-transparent teal shape in the bottom right corner, resembling a quarter-circle or a rounded square.

Fist to five

Share where you are at:

0 = So tired

3 = So so

5 = So ready



Group
activity

Rate our space

In your groups, discuss and capture on the flipcharts:

- What made you feel comfortable when you arrived in the space?
- What barriers exist (physical, emotional, social etc.)?

Small group
activity



Centre your reactions

Capture your initial reaction/opinion:

- Mandatory student fees to support equity groups
- Papal apology to Indigenous communities
- Police participation in Pride parades

Individual
activity

Personal biases



Mutual exchange

For each scenario, share your perspectives on:

- How to demonstrate that peer support is built on mutual exchange
- What we could do to minimize power dynamics

Group
discussion
activity



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Summary

- Personal experiences
 - Biases & power imbalances
 - Trust
 - Welcoming spaces
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