



CIRCLES OF SUPPORT FACILITATOR TRAINING

Peer-to-peer mental health support and advocacy led by and for refugee and immigrant communities



ABOUT THE TRAINING

Circles of Support (COS) are peer-support groups led by New Americans, ensuring that all communities receive mental health access and education by facilitators with shared language and culture.

This comprehensive 5-session training includes: (1) an overview of the COS model, (2) in-depth content review for each module, and (3) all materials required to run a circle including the Facilitator Guide, Participant Workbooks, Intake Forms, and Evaluation Surveys, plus personalized coaching following training for continued support.

Additionally, participants complete some pre-work including reading and short videos that demonstrate key COS activities. Finally, the training concludes with a brief written assessment and a "practice circle" led by each facilitator-in-training required to become fully certified.

BENEFITS

1. Accessibility

Trauma-informed and culturally-empathetic care is more accessible to New American neighbors when led by trained peers

2. Increased Access to Resources

Advocacy and education is shared about mental health resources among New American communities

3. Cross-Cultural

West Michigan neighbors learn together and become better equipped to engage around health across cultural differences

4. Community Focused

Circles empower participants to heal through storytelling and support one another across shared journeys

AT A GLANCE

SESSION OPTIONS

Private Group Registration

\$3,625 (up to 10 people)

Individual Registration

\$575/person (schedule on back)

*Should the cost of this training be prohibitive for you, please complete the grant-funds request at the end of the registration form.

LOCATION

Virtually or at Treetops Collective
906 Division Ave S

MEET THE FACILITATORS



LATIFA NGEZE

Collective Care Manager
Mental Health First Aid Trainer
Treetops Collective



JENNA FIORE, MSW

Program Operations Director
Treetops Collective



ACCESSIBLE.
TRAUMA-INFORMED.
CULTURALLY AWARE.

UPCOMING TRAININGS:

OPTION 1: WEDNESDAYS, 11-2 PM (virtual)
3/6, 3/13, 3/20, 3/27, 4/3

OPTION 3: WEDNESDAYS, 9:30am-12:30pm (@ 906)
8/28, 9/4, 9/11, 9/18, 9/25

OPTION 2: TUESDAYS, 5:30-8:30 PM (virtual)
4/16, 4/23, 4/30, 5/14, 5/21

OPTION 4: THURSDAYS 9:30am-12:30pm (virtual)
10/10, 10/17, 10/24, 11/7, 11/14

Complete form via the QR code below to sign-up, or to request a private training for up to 10 people.

1 Overview & Module 1

Finding Safety and Support

2 Modules 2 & 3

Addressing Wounds and Strengthening Wellness

3 Modules 4 & 5

My Story and Our Story: from Wounds to Well-being

4 Module 6 & Assessment

Celebrating and Community Resilience

5 Practice Circles & Certification

Guided Facilitation Practice and Completion

Register Here



ABOUT COLLECTIVE CARE AT TREETOPS

Community transformation requires collective action. Treetops Collective's Collective Care program mobilizes community members from diverse backgrounds to leverage their skills and knowledge for the benefit of all Newcomers. New Americans face many barriers in accessing many care resources, especially health care. Treetops Collective is working to break down these barriers and increase opportunities for accessing resources in ways that are more culturally empathetic and responsive. Through this program, Collective Care Specialists bridge gaps to local resources, advocate for ways to break down barriers and expand access to local services and essential resources, and facilitate cultural-based peer support groups across West Michigan. This peer-support program was piloted successfully in 2021 with a group of Afghan refugees and immigrants, and has been offered to 5 language groups in 2023 with new circles currently in progress.