

NCFE Level 2 Award Mentoring/Peer Support February 2019 Course (Lewes Well-being Centre)

**Do you have lived
experience of mental
health challenges?**

**Are you interested in peer
support/mentoring?**



**Southdown's East Sussex Community Network provides accredited
Level 2 training in Mentoring/Peer Support.**

This qualification allows learners to gain a deeper understanding of the role of a mentor and develop the skills needed to become an effective peer mentor. It focusses specifically on peer support and using your own lived experiences of mental health challenges as a means of strength and support.

"I have really enjoyed the Level 2 Mentoring course. It has provided me with a skill set useful for my own recovery, working as a mentor and supporting others. It has provided me with the confidence to work with others and share hope and inspiration". (Learner quote June 2017)

**Course Start Date: February 2019
(1 day a week for 10 weeks)**

Course Time: 10am-3pm

**From: Southdown's Well-being Centre,
47A Western Road, Lewes, BN7 1RL**

**Deadline for applications: Monday 14th
January 2019**

*(Places will be offered subject to a
successful interview/payment of £30
registration fee)*

**For more information, please contact:
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