



HEALING & WHOLENESS

MENTAL HEALTH SERVICES INC.

ATMA Self Care Seminars: Creating Connection with Peers

Ideas for Creating Ongoing Peer Connection

- Join professional associations and certifying bodies that align with your practice areas of interest
- When taking continuing education, consider contacting organizers and volunteering to support with set up and take down
- Consider volunteering for a board in your local or online community (social service boards, specific areas of practice)
- Join in on discussion groups or forums offered by your licencing body (e.g. PAA Connect)
- Attend networking events and award banquets specific to your profession
- Create a peer consultation group with regular meetings; take advantage of zoom to connect with those in other communities
- Approach your employer for support with peer connection and wellness activities (lunch and learn, social outings with team to build connectedness)