



# Peer Support Training Program

**BECOME A PEER SUPPORT VOLUNTEER!**

## What Is Pragmana?

Pragmana Foundation is a social enterprise redefining mental health support by creating affordable, community-based mental health initiatives.

### Why Join as a Peer Support Volunteer ?

- Make a real difference
- Develop soft skills
- Grow professionally & personally

### Program Details:

- Led by a seasoned professional
- Ongoing evaluation & feedback
- Self-reflection and case scenarios based application of learnings
- Certification provided

**Course Duration: 30 hours**

### Who Can Join?

- Anyone who can offer empathic support for overcoming challenges and navigating life situations with resilience.
- No previous training or experience required.
- Must be 18 or above.

### What will you learn?

Participatory Training on skills with extensive practice sessions on empathy, non-judgmental attitude, acceptance, and establishing boundaries.

### Who Is It Most Suited For?

Psychology students, Social Workers, and anyone looking for professional growth.

**Starts**  
**2 August** | **Ends**  
**12 October**

**Timings: 3 Hours a Week on**  
**Saturdays and Sundays**

Fill out the Peer Form to get started!  
**Registration Link in Bio**

**Fees: Rs. 4500**

**Contact - 9211946060**

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