

Mental Health Europe Empowerment Seminar on Peer Support

11th - 12th December 2018

VENUE: Enik Recovery College (Utrecht, Netherlands)

AGENDA: Peer practice at all levels

MONDAY 10th

15:00-22:00 Arrival of participants and Welcome

- Welcoming guests at the hotel and at Enik Recovery College

Tuesday 11th

MORNING

10:00 – 12:30 *How to create a peer support environment*

9:30 – 10:00 Welcome at Enik Recovery College, Social venue

10:00 – 10:30 Presentation of Enik Recovery College (foundation, history and guiding principles)

10:30 – 11:00 Presentation, MHE member - how to create a peer support environment

11.00 - 11.20 Coffee Break

11:20 - 13.30 Workshops with

- Marcia Kroes, Recovery College Haarlem and Meer
- Guadalupe Morales, Fundación Mundo Bipolar

AFTERNOON

13:30 – 16:00 *How to take care of your wellbeing as a peer worker within the mental health system*



13:30 – 14:00 Presentation, MHE Member

14:00- 14:45 Discussion

14:45 – 15:05 **Coffee Break**

15.05 - 15.50 Discussion continued

15.50 - 16.00 Wrap up

EVENING

18:00 – 22:00 Diner and party in Utrecht

Wednesday 12th

9:30-13:30 Presentations by ENUSP (European Network of (ex)users and survivors of psychiatry)

12.30 - 13.30: Networking Lunch & End of the Empowerment Seminar



This event is supported by the European Union Programme for Rights, Equality and Citizenship.