



**A&K Consulting**

# *Peer Support Refresher Training*

## **One-Day Peer Support Refresher Course**

**Recharge your peer support skills and renew your passion for making a difference!** This dynamic and interactive one-day refresher course is hosted by the Columbus, NE Police Department and is designed specifically for First Responders who are ready to elevate their impact within their teams and communities.

Throughout the day, you'll engage in real-world scenarios, participate in group discussions, and explore updated best practices in peer support. You'll leave with renewed confidence, sharpened tools, and a deeper connection to your role in fostering resilience and trust among peers.

### **Training Details:**

- May 15, 2025
- 8:30 A.M. – 4:30 P.M.
- Columbus Police Department: 2330 14th St, Columbus, NE 68601
- Cost: \$200 per person

### **What's in Store?**

- **Interactive, Real-World Training:** Engage in hands-on activities that go beyond theory, sharpening your crisis communication skills with realistic scenarios that prepare you for any situation.
- **Advanced Crisis Recognition Techniques:** Master the tools to identify early warning signs of stress and crisis, equipping you to take swift action and offer timely, effective support to your peers.
- **Genuine Peer Support Experiences:** Hear from experienced first responders who have lived the challenges, sharing practical, real-world wisdom on how peer support can create lasting impact.



To qualify for the 1-Day Peer Support Refresher course, attendance and completion of an initial Peer Support Training Course are prerequisites, regardless of whether it was undertaken with A & K Consulting or another provider.

For more details or group registration, reach out to Kevin Erickson at 712-898-5041 or [kevin@a-kconsulting.net](mailto:kevin@a-kconsulting.net). To register, scan the QR code, click the [Register Link](#), or visit our website at [www.a-kconsulting.net](http://www.a-kconsulting.net).

