

Adferiad is pleased to offer two practical and impactful training opportunities designed to strengthen support within the Armed Forces community. These sessions are funded by the Armed Forces Covenant Fund Trust and there is no cost for attendees.

Who is it for?

- Veterans
- Spouses, partners, carers, and family members
- Support workers, volunteers, and community leaders
- Anyone committed to improving the wellbeing of the Armed Forces community

Why it matters?

Armed Forces communities face unique challenges. Peer-led support has proven benefits — and these courses offer practical, trauma-informed ways to listen, guide, and encourage others safely and effectively.

Get in touch to book a free place or arrange an information session.



suzana.silva@adferiad.org

We offer flexible delivery options and can also run in house sessions for organisations working with veterans.

 **THE ARMED FORCES
COVENANT FUND TRUST**
Funded by HM Government



Do you want to support the Armed Forces community?

If so, join our FREE courses:

PEER MENTORING and TRAIN THE TRAINER

Final Course Dates - LAST CHANCE to attend



Join Now



suzana.silva@adferiad.org

○ Peer Mentoring

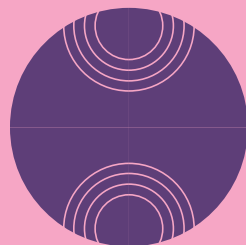
This Agored Cymru accredited, hands-on course is tailored for people preparing to mentor veterans. It focuses on developing key communication skills and using lived experience to support others in a meaningful way.

This course will help you:

- Understand what peer mentoring is and how it can be used
- Understand communication skills for peer mentoring
- Explore different values and attitudes towards life and society
- Understand the mentoring process
- Understand the importance of professional boundaries and confidentiality
- Understand the importance of reflective practice

All 3 courses run online over 2 full days or 4 mornings:

2nd October 9th October 16th October 23rd October	Microsoft Teams	09:30 to 12:30
5th October 12th October	Microsoft Teams	09:30 to 16:00
27th November 4th December 11th December 18th December	Microsoft Teams	09:30 to 12:30



○ Train the Trainer

This Agored Cymru accredited, hands-on course will give participants the skills and confidence to design and deliver peer mentoring training sessions for people who support veterans.

Please note you must complete the Peer Mentoring course before undertaking Train the Trainer.

This course will help you:

- Develop, design, deliver and evaluate a training session
- Increase your confidence to run groups
- Be aware of how people learn
- Gain an understanding of training methods
- Give feedback to peers and self-reflect

This course runs online over 2 full days:

19th October 26th October	Microsoft Teams	09:30 to 16:00
------------------------------	-----------------	----------------

Join Now



suzana.silva@adferiad.org

Adferiad