

Dorcac

Connect training

Strengthening communities through psychosocial support allows people to help each other towards social and emotional recovery. Mental health is crucial to the well-being and resilience of individuals, societies, and countries recovering from emergencies. In 2022, Dorcas together with Help a Child compiled a Psychosocial Support Programme: 'Connect' based on evidence-based materials. Dorcas offers training to those who want to facilitate Connect.

What is Connect?

Connect is a basic support group programme for children (8 to 14 years) and for adults. Both manuals contain an outline for a seven-week peer support group programme. Connect is available in English, Arabic, Hungarian, Romanian, Russian, and Ukrainian. The Connect sessions focus on psycho-education and peer support within communities. For example, on what stress is and identification or strengthening of sources of resilience. The children learn by play, sport, and crafts activities during the sessions. Through Connect, people get to know themselves better and become more resilient. This also has a positive effect on their environment.

How to become a Connect facilitator?

Dorcac can provide an online or in person (depending on the location) training of half a day to full day on both the adult and children programme. The content of the manuals is tailor-made so that anyone interested, can facilitate a group.



Pre-condition is that facilitators have basic knowledge of mental health, can refer any person who needs extra support and have minimum facilitation skills. After signing a license agreement, the facilitators can use the curriculum in accordance with Dorcas' instructions, for example providing quarterly reporting.

For more info, contact a.klomp@dorcac.nl.

