



*"I feel I am a better, more humane, more compassionate person through the Senior Peer Counselling training and the time spent volunteering."*

*— — Stephanie Nomellini*

*RCRG Volunteer as a Senior Peer Counsellor*

*I was paired with a person right before everything shut down because of the pandemic in March 2020. Like any relationship, it took time to build and for us to feel comfortable with each other, but this was made more difficult since we were "meeting" through phone calls. The training I received through RCRG helped me so much in building that connection with my client! It made me more aware of good communication skills that are useful in my interactions with everyone in my life, not just in the peer counselling role. Although the goal is to support this special person through the struggles of their life, the connection and relationship building throughout this time of COVID restrictions has had great benefits for me, as well. It has given me a better understanding of the common humanity of us ALL, in our struggles and our joys. I feel I am a better, more humane, more compassionate person through the Senior Peer Counselling training and the time spent volunteering.*