

## ABOUT THE WORKSHOP

The Peer Counselor Trainer Workshop is designed to ensure the success of your Breastfeeding Peer Counselor Program. Participants will learn to advocate for a program in their agency and receive planning guidance and insight on presenting effective training sessions for their counselors. This workshop is specifically geared to breastfeeding peer counseling programs. However, this concept can be applied to initiate peer programs in areas other than breastfeeding.

### Who should attend?

Anyone interested in establishing a peer counselor program or becoming a peer counselor trainer:

- WIC staff
- Lactation consultants and educators
- Hospital nurses
- La Leche League leaders
- Teen-parent educators
- Health educators

### Dates:

January 29-31, 2008

May 6-8, 2008

September 16-18, 2008

### Location:

Texas Department of Health  
1100 W. 49th St.  
Morton Building M-652  
Austin, Texas

### Workshop sessions:

Tuesday, 1-5 p.m.

Wednesday, 8:30 a.m.-5:00 p.m.

Thursday, 8:30 a.m.-12:30 p.m.

## YOU WILL BE ABLE TO ANSWER THE FOLLOWING QUESTIONS:

### Why peer counseling?

- How and why did peer counseling become the hot, trendy way to promote breastfeeding?
- What do you need to know to advocate for a peer counselor program in your clinic, agency or hospital?

### How do you design a peer counselor program?

- What advice and inspiration can peer counselors give us? A panel of peer counselors tell us who they are and what they do. Learn what to look for when you recruit counselors and what you can expect them to do for you.
- How are the costs of training and paying peer counselors funded?
- What advice and inspiration can WIC local agency breastfeeding and/or peer counselor coordinators give us? Experienced coordinators share insights on recruiting and retaining counselors and structuring a program.

### How do you conduct an effective peer counselor training session?

- What training is required -- and why?
- How do we use the *Loving Support Thru Peer Counseling Curriculum*?
- What are interactive teaching methods and how do we use them effectively?

This program is cosponsored by the Texas Department of State Health Services, WIC Program and Texas Association of Local WIC Directors.

## INSTRUCTORS

**Jewell Stremler, CLE**, is the Peer Counselor Coordinator for the Texas Department of Health (TDH) WIC Program. She has 20 years experience in breastfeeding promotion. She was instrumental in creating the WIC Peer Counselor Program in Texas and coauthored the training manual.

**Marguerite King, IBCLC**, is a Training Specialist for the DSHS WIC Program. She teaches Lactation Counseling and Problem Solving, Breastfeeding Program Mini I and II, and Peer Counselor Training. She has over 10 years experience training peer counselors and health professionals about breastfeeding.

**Mary Ann Hazlett, MSN, IBCLC**, has 18 years experience working with breastfeeding moms in perinatal nursing. She is a patient educator and a childbirth educator. She pioneered the first hospital peer counselor program in Texas at Brackenridge Hospital in Austin.

This continuing nursing education activity was approved by the Texas Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. This activity meets Type I criteria for mandatory continuing education requirements toward relicensure as established by the Texas Board of Nursing. (14 hrs.)

This activity is approved for 14.0 Level I Continuing Professional Education hours by the Texas Dietetic association.

The International Board of Lactation Consultant Examiners awards L-CERPs and R-CERPs for this offering.

**REGISTER** on line at:  
[www.dshs.state.tx.us/wichd/lactate/peertrn.shtm](http://www.dshs.state.tx.us/wichd/lactate/peertrn.shtm) or mail this form:

Name \_\_\_\_\_

Home address \_\_\_\_\_

City/State/ZIP \_\_\_\_\_

Phone ( ) \_\_\_\_\_

Agency name \_\_\_\_\_

Title \_\_\_\_\_

Address \_\_\_\_\_

City/State/ZIP \_\_\_\_\_

Phone ( ) \_\_\_\_\_

Vegetarian \_\_\_\_\_ Food Allergy \_\_\_\_\_

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Register early. Workshop space is limited.  
Registration is \$60. Your fee includes  
morning and afternoon refreshments and  
lunch.

Make check payable to Texas Association  
of WIC Directors and mail to:

Peer Counselor Trainer Workshop  
Texas Association of Local WIC Directors  
P.O. Box 9382  
Austin, TX 78766

For additional information, call  
Jewell Stremmer 512-341-44001 ext. 2294#  
email [Jewell.Stremmer@dshs.state.tx.us](mailto:Jewell.Stremmer@dshs.state.tx.us)  
[www.dshs.state.tx.us/wichd/lactate/peer.shtm](http://www.dshs.state.tx.us/wichd/lactate/peer.shtm)



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# TRAINING MOMS TO HELP MOMS



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WORKSHOP