✔	Class Breakdown List	Time Required (Approx)
	Introduction to Distress Centre Training	3 Hours
	Onsite Phone Roleplay Day #1	3 Hours
	Risk Assessment and Safety Planning	3 Hours
	Remote Phone Roleplay Day #2	3 Hours
	Outcalls and Documentation	3 Hours
	Remote Online Services Roleplay Day #3	3 Hours
	Being An Ally	3 Hours
	Remote Phone Roleplay Day #4	3 Hours
	Knowledge Vault	3 Hours

Time is approximated based on average self-reporting of previous trainees; your experience may differ.

Green = Onsite
Blue = Remote