

Peer Support Groups

Benefits of Joining a Peer Support Group include but are not limited to:



- Knowing that others are going through something similar
- Learning tips on how to handle day-to-day challenges
- Meeting new friends or connecting to others who understand you
- Learning how to talk about things that bother you or how to ask for help
- Learning to trust other people
- Hearing new perspectives from others



Our Peer Support Groups includes individuals who share common mental health experiences. We welcome anyone who needs support and the groups are focused on providing mentoring, emotional & social support, information, education, and practical help to each other. Those who are further along in their wellness and recovery process can provide a sense of hope and direction to those more recently having a mental health challenge. The expression of mutual caring and concern provides a powerful environment for reclaiming hope. The group is facilitated by a certified Peer Support Specialist who has been through their own Recovery Journey. The Peer Supporter is someone who has made strides in their own recovery & receives supervision and training in facilitating our support groups. Welcome!

<p>Emotional Support</p>	<p>Social Support</p>	<p>Education</p>	<p>Information</p>	<p>Mentoring</p>	<p>Practical Help</p>
<ul style="list-style-type: none"> -Coping strategies -Reflective listening -Sharing personal lived experience -Build support system -Positive affirmations 	<ul style="list-style-type: none"> -Gain knowledge on various support groups -Learn different ways to be well -Practice social skills -Become a member of a community 	<ul style="list-style-type: none"> -Motivational support -Resources for educational, financial, and preparational goals -understand what recovery means 	<ul style="list-style-type: none"> -Mental Health Services -Employment & Eligibility -Substance Use - Access Line -Crisis - Stabilization Unit 	<ul style="list-style-type: none"> -Know the difference between psychiatrist, psychologist and therapist -Dimensions of wellness -Patient's Rights 	<ul style="list-style-type: none"> -Boundaries -Self-care -Time management -Budgeting -Activities of Daily living -Exercise -Healthy eating