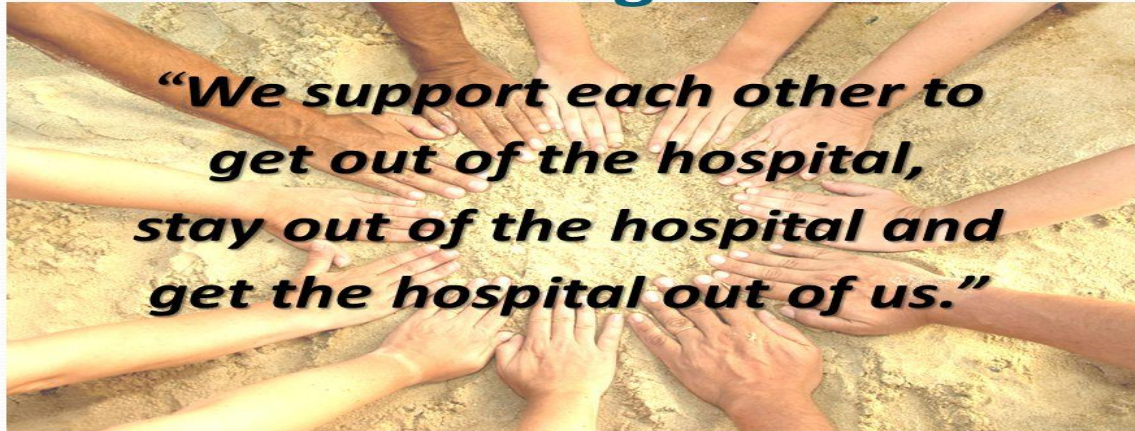


NEW PEER SUPPORT GROUP!

The Peer Bridger Lens



ARE YOU INTERESTED IN PEER SUPPORT?

Peer Support is a process where two people (or a group of people) use the *relationship* to look at things from new angles, develop greater awareness of personal and relational patterns, and to support and challenge each other as we try new things.

CAN YOU USE PEER SUPPORT?

Peer Professionals have actual lived experience that encompasses aspects of recovery that may differ from, but can be used in addition to, those aspects of recovery that are addressed by many clinical professionals. Peers assist other Peers to accomplish their goals in recovery by using their personal knowledge based on their own lived experience and their own recovery.

WHY SHOULD I CONSIDER PEER SUPPORT?

Many individuals are more comfortable when interacting with others who share common characteristics with themselves, and it can sometimes be comforting to interact with others that have undergone, survived, and overcome similar relevant experiences. A Peer relationship can often inspire a sense of optimism and motivation to strive forward.

WHERE: Queens Public Library at Peninsula
92-25 Rockaway Beach Blvd, Rockaway Beach, NY 11693

WHEN: THURSDAYS, 2:00PM – 3:00PM

WHO: THE MEETING IS FOR ALL PEERS DIAGNOSED WITH OR RECOVERING FROM MENTAL HEALTH ISSUES, AND IS OPEN TO THE PUBLIC

Join us after the meeting for refreshments! Metro-card provided for those eligible!
For additional info call: Tyrone G., NY Certified Peer Specialist, (347) 502-5673