

The Neighborhood Center, Inc.
Mobile Crisis Assessment Team
Telephone 315-732-MCAT

Peer Support Group

Led by Alexander Holland, Peer

Topic: Life as We Know It

Day: Every Wednesday starting April 8 through May 13

Time: 4:00 pm – 5:00 pm

Where: Virtual through Google Meet

Life as We Know It is a peer led group that allows a space and time to talk about current events, life skills, self-care, coping skills and available resources that are common with those in recovery or looking to obtain recovery. This group will be a virtual social gathering on Google Meet to decrease feelings of isolation and aid community members to find common ground and support. Upon request, Narcan training will also be available via telecommunications.

If you would like to join the group or know of someone who would be a good fit for this group please fill out the attached referral and forward via email to Alexander Holland at alexanderh@neighborhoodctr.org.