

PEER SUPPORT SERVICES

**You define your goals.
We help you reach them.**

GIVING HOPE, EMPOWERMENT & ENCOURAGEMENT

What is a peer support worker ?

- An inclusive non-judgmental connection that provides a safe place to learn and grow.
- Limiting isolation.
- Providing empathy and understanding; forming a connection that is unique from other supports.
- Empowering individuals to take charge of their own recovery in order to reach their goals.
- Providing hope for those who are struggling.

Complementary to other supports

- Help navigate building a community around the client that supports their new lifestyle.
- Can assist individuals to other supports that will help reach their desired goals.

PEER SUPPORT IS A REMINDER THAT CHANGE IS POSSIBLE

Peer support workers can

- Meet with individuals in the community, schools, hospitals, person's location or ADAPT'S offices. Locations are in Oakville, Burlington, Milton and Georgetown.
- Youth center locations in Georgetown & Acton.
- Connect over the phone and communicate over text message.

How to get connected to Peer support services

Email

peersupport@haltonadapt.org

or call

905-639-6537 ext.0

Peer support is **not** crisis support. If you or anyone is in a crisis please contact

COAST 877-825-9011

or

911

“Peer support is with focus on learning rather than helping, with the attention to the relationship rather than on the individual & onto creating opportunity for hope & possibility”.

-Shery Mead