



Have your say!

- Are you passionate about peer support?
- Do you wish there were more peer support programs in your community?
- Are you a youth between the ages of 12 and 22?

We would love to hear from you about what you think could work for youth peer support.

www.surveymonkey.com/s/youth-peer-support

Or :

visit www.champlainpathways.ca for more information

What is Peer Support?

Peer Support is a naturally occurring, mutually beneficial support process, where people who share a common experience meet as equals, sharing skills, strengths and hope; learning from each other how to cope, thrive and flourish.

Formalized Peer Support begins when persons with lived experience who have received specialized training, assume unique, designated roles within the mental health and addictions system, to support an individual's expressed wishes.

Resources in Eastern Ontario

Youth Peer Support & Support Groups

Spring 2015

Resources



Developed By: Youth Peer Support Project Team
Champlain Pathways to Better Care

E-mail: info@champlainpathways.ca

www.champlainpathways.ca

Improvement Through
Collaboration



Renfrew County

Phoenix Centre: (Pembroke) The Girl Teen Support Group has an emphasis on body image, self-esteem, relationships and stress management for girls 13 years of age and older . Call 613-735-2374
<http://www.phoenixpembroke.com/>

Robbie Dean Centre: (Pembroke)

LGBTQ Support Group provides a supportive and confidential space for youth.. Call for details: 613-585-7488
<http://www.rdfcc.ca>

Lanark

The Link: (Smiths Falls) a peer support program aimed primarily for adults, but anyone is welcome. Call : 613-284-4608
<http://www.mhsp-links.ca/index.php>

Cornwall

Starbright Youth Group (Cornwall)

A youth drop-in offered every other week. Wednesdays from 4 to 6 pm. Starbright also offers other peer support programs (primarily for adults, but anyone is welcome) Call: 613-933-5845 ex279
<http://www.cmha-east.on.ca/index.php/our-services/peer-resource-centers/starbright-calendar>

Ottawa Area

The Source: A social, recreational group every Friday evening from 7:00pm to 10:00pm at the McNabb Community Centre on Percy Ave. Coordinated by youth leaders.
Registration required: 613-321-3211
http://www.pleo.on.ca/?page_id=26

Youth WRAP at PSO: Wellness Recovery Action Plan (WRAP) is an 8 week program to provide you with a framework to create a written plan of action to deal with symptoms and difficult times. Registration required. PSO also offers other peer support programs (primarily for adults, but anyone is welcome) Call 613-567-4379 x 32 to find out when the next Youth WRAP will be offered.

Youth Net/Reseau Ado: is a bilingual for-youth -by-youth mental health support program based at CHEO. Trained youth facilitators run 10-week group programs where like-minded youth come together to do two things: 1) start a conversation about mental health topics and how they affect youth 2) develop positive stress coping strategies by doing healthy activities (such as art, hiking, snowboarding, yoga, etc.). T: 613-738-3915 Web: www.youthnet.on.ca
Twitter: @CHEOyouthnet
Facebook: YouthNet/ReseauAdo

Hopewell: offers an eating disorders peer support group Saturday afternoons for those between 17-29. Small fee and registration required. Call: 613-241-3428 <http://www.hopewell.ca/>

Other Groups

we should know about?

Then get in touch and let us know!

Email: Info@champlainpathways.ca

Twitter: @Champathways

Phone/Text: 613-915-4611

*Youth Peer Support Resources,
Spring 2015*
