

Looking For A Peer Support Group

- ✓ To make new friends
- ✓ To connect with others who may share your concerns and questions
- ✓ To find information
- ✓ To share interests
- ✓ To have some **FUN!!**
- ✓ Ask your health care team if they know of a suitable peer support group in your area. Is there a newsletter or website? Does your community centre, church, temple or synagogue have a youth group? Make sure you feel safe and comfortable with whatever group you choose. Ask a friend to come along with you to check it out. Remember, a support group is a chance to give and receive support - shop around.

A Peer Group is a group of people with a common need or interest. Peer groups are an opportunity to connect.



I FOUND ONE!

It is called: _____

It meets: _____

Their newsletter is called: _____