

## We are finally here !!!

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Our first newsletter to go with our new website, what a journey its been the past year. This newsletter concept was presented at Peer Support Education Day in December 2019. The name “Peering into Wellness” was solicited and voted on by peer support workers that day and I must admit it is really fitting for the times that we weren’t even aware what would follow.



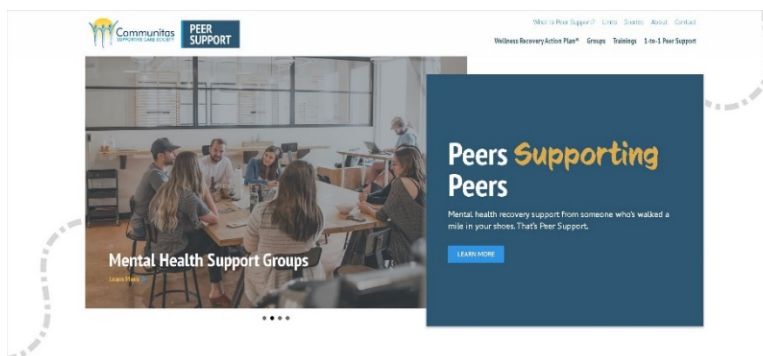
Not long after that day we found ourselves in an experience we have never faced before. COVID19 has left us all peering from afar, from social distancing to virtual groups and many phone calls. It certainly has brought both challenges and creativity to the forefront of our program that is solely based on being present with people.

There are many stories on our website. Some are focused on peers – what they learned about themselves and their resiliency. Others focused on creative endeavours that allowed us to deliver the peer support services that we value, not only on the job but on a personal level as well. Working on our own wellness and growth while working with you is what we do.

[Check out Alex's Story on our Website](#)



The new Peer Support Website at [www.peersupportcsc.com](http://www.peersupportcsc.com) is one of those creative tools that we developed to reach our peers in support of sharing good news about what is out there in the community and online to support people in recovery.



Check it out at  
[WWW.PEERSUPPORTCSC.COM](http://www.peersupportcsc.com)

*You will find helpful links.  
Groups, both in-person and  
virtual register on the site to  
join.*

## SPEAKING OF THE WORD

**RECOVERY** : Recovery is personal, it is such a broad term and can be applied to so many situations, mental, physical well being to simpler things like the recovery of a lost or stolen item. Whatever it is or what it looks like is defined only by you. “The only expert on your recovery is you” this is so true in many ways.

### Definition of 'recovery'

#### VARIABLE NOUN

If a sick person makes a **recovery**, he or she becomes well again.

*He made a remarkable recovery from a shin injury.*

*He had been given less than a one in 500 chance of recovery by his doctors.*

When there is a **recovery** in a country's economy, it improves.

*Interest-rate cuts have failed to bring about economic recovery.*

*In many sectors of the economy the recovery has started.*

#### UNCOUNTABLE NOUN

You talk about the **recovery** of something when you get it back after it has been lost or stolen.

*A substantial reward is being offered for the recovery of a painting by Turner.*

*She has a reasonable prospect of recovery from the insurer.*

Thanks for taking to the time to check out this newsletter. In the future expect more information and stories, I have put this first newsletter together in a rush but future newsletters will be developed, written and edited by the Peer Support Program team.



A few words of thanks to Communitas Executive for listening to my persistent advocacy and accepting my lengthy proposal for the website, it was 3 pages instead of the 1 solicited from me, Oops !

To Jacqui Toews our Program Director who has been an amazing translator of my passionate advocacy language and tone into something that was not as abrasive to the ears that needed to hear it.

Last but not least to Jeremy at Viewpoint Communications for making all the changes and attempts to capture my vision of how the website would function and look, I can be picky to deal with and appreciated his understanding and patience with me.

