

Welcome Everyone,

We are so pleased so many have subscribed to our newsletter and all the support and positive feedback everyone has shared about our new website. We have added a number of new dates for all groups. As you will read below, we have also added a new group called "Hearing Voices". We hope you enjoy this newsletter! – Patrick Raymond

Newsletter Written by : Allyson (Peer Support Assistant Manager) and Diane (Peer Support Administrative Assistant)

Peer Support Smile of the day

Name: Frank

How long have you been a peer support worker?

3 years

What program areas do you work in?

Community one-to-ones & hospital

What groups do you facilitate?

W.R.A.P. (Wellness Recovery Action Plan)
& R.S.T. (Recovery Support Training)

What is your favourite part of being a Peer Support Worker?

Seeing people come alive with hope as they start making progress on their goals or learn that people with a mental illness can also have a meaningful, rewarding life.

What have you learned about yourself being a Peer Support Worker?

So many things! Perhaps the most important was that I can do meaningful, valuable work. There was a time in my life when I didn't think I would ever do that again. I try to bring that hope to everyone I work with who is struggling with those same thoughts.

What is your favourite quote?

"Life isn't about waiting for the storm to pass... It's about learning to dance in the rain." ~ Vivian Greene



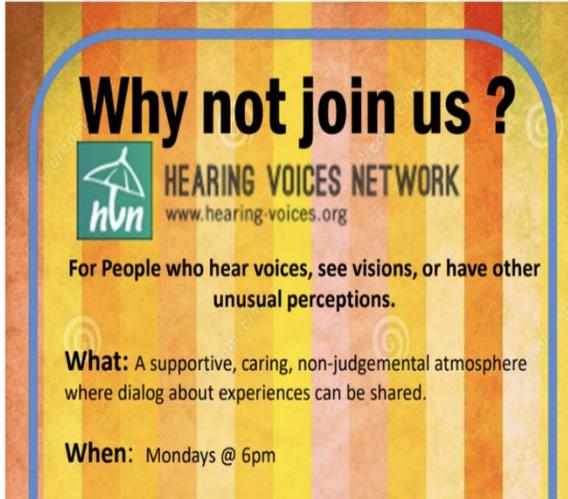
Did you know that Frank also makes beautiful woven creations?

He says, "I've only been weaving for a couple years, but it has become a real passion. I weave almost every day and often make a meditation of it. I live with an anxiety disorder, and weaving helps me to keep it manageable. Creating beautiful things nourishes my spirit.

"People around me have been incredibly supportive. Much of what I weave is on commission, and this helps me to feel connected to my community."



Group Spotlight: Hearing Voices



Why not join us ?

 **HEARING VOICES NETWORK**
www.hearing-voices.org

For People who hear voices, see visions, or have other unusual perceptions.

What: A supportive, caring, non-judgemental atmosphere where dialog about experiences can be shared.

When: Mondays @ 6pm

Peer Support Workers facilitate a lot of groups as part of their work. These include WRAP®, Recovery Support Training, Wellness Group, among others.

Our new group focuses on and provides support for people who experience unusual sensory perceptions, and our Assistant Manager, Adria, leads this group. It is called Hearing Voices.

Adria says, “Hearing Voices is about sharing our experiences with auditory perceptions that have an impact on us and our mental health - however that looks! In this group we talk about our experiences with symptoms and coping skills for hearing voices. Many mental health topics are discussed as well. You are welcome to be a member without having any related symptoms and just wanting to connect, support and be supported.” To learn more and sign up for Hearing Voices or groups, please visit our web site: www.peersupportcsc.com.

Peer Support Training

Coming up this summer, we will be holding a Peer Support Training Orientation. The dates and times have yet to be determined, but if you are interested in becoming a Peer Support Worker, keep your eyes out for more information coming to you via this newsletter. The pre-requisite for becoming a PSW is Recovery Support Training (RST), if you have never participated in a WRAP (Wellness Recovery Action Planning) Group we strongly recommend you do. If this kind of work interests you; you can find all the information for Peer Support Training on the website.



The new website, www.peersupportcsc.com, is a creative tool that we developed to reach our peers. It's a place to share good news about what is out there in the community and an online support for people in recovery.

Last but not least check out some new stories this month - click the title (link) to read more or visit our website stories section:

[Hope for the Journey](#)

Alison is a writer and story teller. She believes that everyone has a story that is worthy of telling. By sharing our stories with each other, we learn and grow, we inspire each other towards hope. And hope is something we all need.

[New Peer Support Website Consolidates Resources](#)

The effectiveness of Peer Support lies in its simplicity: peers – people who live with mental health challenges and have walked a mile in your shoes – support you along your journey towards mental wellness. Peer Support Workers (PSW) truly understand the people they serve. They offer hope by showing others that it's possible to work towards wellness.