

Welcome Everyone,

It has been very busy past few months with trainings and hiring new staff but that means we have more Peer Support Workers who can spend time with those in Hospital/Tertiary settings. We look forward to having more opportunities to share the good news that recovery is not just this illusive thing to reach for but completely possible; we are proof! With the holiday season quickly approaching, this will be our final newsletter for the year.

We hope you enjoy it! – Patrick Raymond

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

## Peer Support Smile of the day

**Name:** Brenda

**How long have you been a peer support worker?**

*4.5 years*

**What program areas do you work in?**

*I.P.U., Tertiary and 1:1's*

**What groups do you facilitate?**

*WRAP and RST*

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

*Being able to help someone and let them know that there is hope for recovery.*

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

*That being a good listener helps and asking open ended questions and being compassionate and truly caring.*

**What is your favourite quote?**

*A friend may walk with you in the rain but a peer support worker will walk you through a storm.*

**What are your favourite wellness tools?**

*Driving a sport's car and deep breathing.*

**One thing Brenda would like to add is:**

*I LOVE my job!!*



These are the wellness tools I am using during Covid: I have had an expensive camera sitting in a drawer for years, so I have recently taken it out to take some nice pictures and I am very excited to use it again. Soon, I would like to take some portrait pictures of people just for practice.

## Group Spotlight: WRAP around the Holidays

“WRAP Around the Holidays” is a seasonal group where you are given the opportunity to share and talk about the upcoming holiday season. It can be a rough time for a lot of people, and taking the time to prepare in advance and take steps within our WRAP to change things up can make for a smoother and more enjoyable holiday.

We talk about how to better prepare ourselves for the holidays by re-evaluating our current WRAP, and exploring what types of things we can change or add to improve our situations. We look into new ideas and new traditions to make the season brighter so that we can enjoy ourselves more. Through sharing, we can find different ways to connect with our community, and ways we can be a part of things when we feel alone. We can change things up for the better so we can enjoy each day to the fullest.

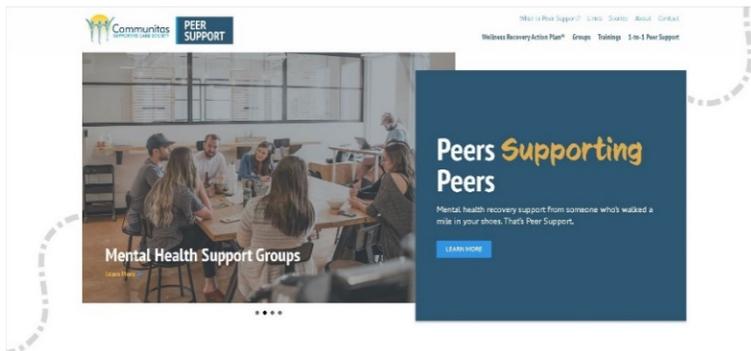
These sessions are facilitated by peer support workers who have their own WRAP plans in place and are using them daily.

Come join us as we plan for the 2021 festivities, sharing with one another the things we look forward to and how we can all have a safe and happy season.

To learn more and sign up for any of our WRAP Groups or any of our other groups, please visit our web site: [www.peersupportcsc.com](http://www.peersupportcsc.com).

## Peer Support Training

We started our First online Peer Support Training on August 9<sup>th</sup>, 2021. We had 12 participants show up eager to learn. It was a learning and growing experience for all. This was our first online training; it was a work in progress as we learned new things together. One of the new aspects to this training was Community Connections, where participants met in the community to work on parts of their training. It was so uplifting to hear them return to class with having spent time listening to their partner and sharing their strengths. What an encouraging way to start off our journey together. Our last day of training was a day to recognize all the hard work these participants put into their training. It was definitely a pleasure to work alongside all of these amazing people. We wish them the best in the future.



The new website, [www.peersupportcsc.com](http://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 our recovery stories - click the title (link) to read more or visit our website stories section: <https://peersupportcsc.com/stories/>**