

Welcome Everyone,

We have been very busy and behind on our attempts to get a Newsletter out in a timely matter. We will do our best to start delivering these on a quarterly basis next one will be Fall – Patrick Raymond

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

CULTURAL DIVERSITY AWARDS



On March 10th, 2022, Peer Support Assistant Manager Adria Roberts attended the Cultural Diversity Awards with her Peer Support Coordinator and fellow Assistant Manager, Allyson Kenning.

The Fraser Valley Cultural Diversity Awards acknowledges the best practices of Fraser Valley organizations, initiatives and businesses in recognizing the diversity of our community.

Peer Support was nominated for the category 'Innovative Initiative'. Nominees in this category promote diversity in their community in a unique way.

"I think this speaks volumes about what our program is about: finding ways to come alongside someone and support and connect with them exactly where they are at," says Patrick Raymond.

"The event was inviting and was a great celebration of other businesses and organizations in our local communities that represent cultural diversity as well. Even though we didn't win this award, I felt proud of our program for being acknowledged for what we do and what we represent."

Read the whole story here:

<https://www.communitascare.com/stories/award-nomination-affirms-innovative-approach/>

LAUGHTER CORNER:

What do you call a cow on the floor?



Ground Beef.

Did you hear about the 2 guys that stole a calendar?



They both got 6 months.

PEERING INTO WELLNESS NEWSLETTER

Group Spotlight: Introduction to WRAP/WRAP Follow-up

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

Introduction to WRAP is a 2 session group offered online through Zoom. The sessions are 2.5 hours long and cover the topics in WRAP. We go through the 5 Key Concepts and move into the other parts of WRAP, giving you an overview and the help you need to start preparing and working through your own WRAP.

Wrap Follow-up is 1 session offered online for 2 hours. This is a place where you can come with your questions and review particular parts of your WRAP plan. It helps to refresh the areas in your mind and get any clarification needed.

These session are facilitated by peer support workers who have their own WRAP plan in place and use them daily.

To learn more and sign up for Intro to WRAP/WRAP Follow-up or any of our other groups, please visit our web site: www.peersupportcsc.com.



Softball has started and some of our Peer Support team are on the Communitas slow-pitch team.

Click the baseball player below or visit <https://www.communitascare.com/stories/slo-pitch-brings-staff-together> to read the story and meet the team.



Some of the Communitas Diamond Dogs: (top) Laura, David, Micah, Layne (middle) Karyn, Naomi, Katherine, Richard, (bottom) Justin, Brian, Jazzlyn, Sheral, and Vicky. (Photo: Krista Petrie)