

Welcome Everyone,

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: Allyson

How long have you been a peer support worker?

7 years

What program areas do you work in?

Assistant Manager and 1:1s in the community.

What groups do you facilitate?

WRAP and RST

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

Hearing my participants' incredible stories.

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

I have learned that I am capable of success, and that finally finding a career path can happen later in life.

What is your favourite quote?

"We trust to our peril, but to not is to be alone. And then – oh the silence!"

What are your favourite wellness tools?

I am a huge music person, so blasting some heavy metal is one of my go-to wellness tools.

One thing Allyson would like to add is:

I am very grateful for this opportunity, and for the people who have come into my life as a result of doing this work.



"One of Allyson's wellness tools is journaling, and she has kept a journal daily for about 20 years now. As a writer, she feels she expresses herself through the written word best, and her journals are a way for her to process her day-to-day life, her emotions, and it is a powerful tool for self-reflection as well. They are also a great way to keep track of her progress through her recovery, as she can look back upon her journals to see how far she has come."

Peer Support Training - 2022

Our second Online Peer Support Training was held in March/April this year. We had 10 participants, who were all eager to start their practicum sessions. Adria, our Peer Support Assistant Manager, and Diane, our Peer Support Administrator, were the facilitators. This training is ever evolving as we work through these new online logistics and training people from all over the lower mainland. It was great to see the connections built as they did their Community Connections part of the course. People gained not only training, but new friends that they could spend time with even after the class was over. It is great to see the desire to help others and the ideas and joy that people come into this training with. There were so many like-minded people in one group. We look forward to working alongside some of these graduates in the near future.

Note we are no longer accepting sign ups for Peer Support Training and Recovery Support Training as it is presently being revised, we will resume in 2023.



WELLNESS HAIKU

Wellness Haiku by some of our Peer Support Workers.

If you would like to try your hand at this, a Haiku has 5 syllables on the first line, 7 syllables on the second line and finishes up with 5 syllables on the third and last line.

*Wellness finds me here
I will be here tomorrow
With all of my friends
Jeffrey*

*Peer Support Workers
Can add to other's wellness
And make an impact
Sejin*

*Taking care of me
Mental health is a garden
Tend to it and see
Lauren*



Our 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.