

Welcome Everyone, we hope you enjoy this newsletter 😊 our next issue will Spring 2023.

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

We have a new video about Ashleigh on our website check it out [Stories of Mental Health Peer Support - Communitas Peer Support \(peersupportcsc.com\)](https://www.commutascsc.com/stories-of-mental-health-peer-support)

## Peer Support Smile of the day

**Name:** Ashleigh

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

*5 and a half years*

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

*1:1s in the community and IPU*

**What groups do you facilitate?**

*WRAP, RST, Positive Vibes*

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

*Being able to give back. Being able to support and encourage people who are going through similar things that I've been through. Watching people recover.*

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

*I have learned that I am compassionate and empathetic. I am courageous and resilient.*

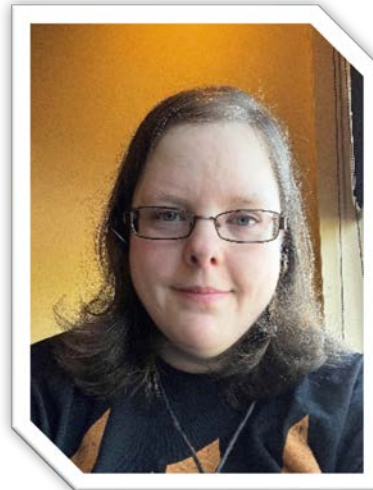
**What is your favourite quote?**

*"I can do all things through Christ who strengthens me. – Philippians 4:13*

**What are your favourite wellness tools?**

*Music and gaming. My faith also plays a HUGE role.*

**One thing Ashleigh would like to add is:** *My journey as a Peer Support Worker has been an amazing learning experience and has definitely helped me to grow and mature as a person. I can see myself in this line of work for a long time to come.*



My three main wellness tools are gaming, music and my faith. Gaming is something that brings me a lot of peace, fun and relieves anxiety, stress, etc. My best gaming buddy, Goose, and I have been gaming together for over 14 years. Music is something that soothes and calms me every day. It is something that is a great outlet and stress reliever. My faith is probably my most important wellness tool. Having a firm belief in God and knowing that He is walking with me every step of the way has really helped me be resilient in difficult times.

## Group Spotlight: WRAP around the Holidays

It is that time again. If you didn't get a chance to be part of our "WRAP Around the Holidays" group last year, come and join us. This is a seasonal group which is only offered in late November and early December, 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.

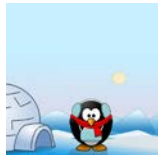
We talk about how to better prepare ourselves for the holidays by re-evaluating our current WRAP, and exploring what types of things we can change or add to improve our situations. We look into new ideas and new traditions to make the season brighter so that we can enjoy ourselves more. Through sharing, 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.

Come join us as we plan for the 2022 festivities, sharing with one another the things we look forward to and how we can all have a safe and happy season. These sessions are facilitated by peer support workers who have their own WRAP plans in place and are using them daily.

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).

## LAUGHTER CORNER:

What is an ig?



A snow house without a loo!

What is it called when a snowman has a temper tantrum?



A meltdown!

What do you call a snowman with a six-pack?



An abdominal snowman.