

Oxford Self Help Drop-In

Drop-In Centres Provide:

- Social/Activity such as crafts, cards, and book club
- Support groups related to diagnosis such as Mood Disorders, Postpartum Mood Disorder and Schizophrenia Support
- Educational groups such as Anger Solutions, budgeting, self-care, photography
- Wellness groups such as mindfulness, meditation
- Psychosocial rehab groups around eating healthy/healthy lifestyle, and a grocery shopping program
- Geographical coverage as drop-in groups and support groups are available in Tillsonburg and Ingersoll

How Do I get connected?

Walk In: 522 Peel St. Woodstock, ON N4S 1K3 during the following hours:

- Monday 10 a.m. - 4 p.m.
- Tuesday 10 a.m. - 4 p.m.
- Wednesday Closed
- Thursday 10 a.m. - 4 p.m.
- Friday 10 a.m. - 4 p.m.
- Saturday 10 a.m. - 4 p.m.

A referral can be made by emailing peers@cmhaoxford.on.ca or by calling **1-800-859-7248**. A peer will schedule an initial meeting with the individual where goals for peer support will be discussed.



*People helping people
help themselves*



**OXFORD
SELF HELP**

To view the OSH calendar of events visit:
cmhaoxford.on.ca/programs/self-help-network/

Peer Support

People helping people help themselves



What is Peer Support?

Peer Supporters are people who have a lived experience with a mental illness and are now in recovery. They understand a lot about mental health because they have been there themselves. They have taken specific training for the role in addition to their personal experience.



What is the role of a peer supporter?

Peer Supporters assist in demonstrating hope and possibility of recovery through:

- Empowerment and self-determination through non-judgemental listening
- Support to work through difficult feelings and thoughts
- Connections to other agencies, system navigation and information on community resources.
- Support with personal issues such as shelter, housing, food, hygiene, and recreation.
- Assistance in increasing social connections
- Person-centered goal setting and/or problem solving
- Support to family members who would like to understand their loved one's experience better

Will the Peer Supporter provide counselling or become my friend?

The Peer Supporter can provide supportive listening, but they are not counsellors. If you require counselling services, they can help connect you to services in the community. The Volunteer offers friendly support, but not friendship as the role is bound by an ethical code of conduct. If you wish, they can support you in expanding your social circle by connecting you to groups where you can develop natural friendships. Meetings usually are one hour in length and can occur for up to one year; this is determined and assessed along the way based on your goals. A Peer Supporter will establish their availability with the peer, which may be limited to Oxford Self Help hours of 10 a.m. - 4 p.m.

