

WHO BENEFITS?

People in varying stages of recovery from a mental illness

How? Supporting individuals to achieve goals, build social networks, and access community resources.

Peer Support Workers

How? Employment and most importantly a way to give back to their peers and the community.

Family Members and Friends

How? Peer Support Workers can connect loved ones with our Family Support Worker, who can provide information about our *Strengthening Families Together* education course, family support groups, and resource materials offered free from the BC Schizophrenia Society.

Mental Health Professionals

How? By collaborating in an individual's psychosocial rehabilitation plan.

Businesses

How? As people become more confident they are able to join or rejoin the work force.

Communities

How? People in recovery are able to become active and more involved in the community.

Mental Wellness Centre Peer Support

#118 - 246 Martin Street
Penticton, BC
V2A 5K3

Main Office: (250) 493-7338
Peer Support: 1 (236) 700-6445
Fax: (250) 493-0690

Email:
peersupport@sosmws.com

OFFICE HOURS

Monday to Friday
10:00AM - 2:00PM
& by appointment

Referrals can be made by a person with a mental health concern or any service provider.



Services are accessible to adults with mental illness living in the South

Okanagan-Similkameen

with funding from

Interior Health Authority



South Okanagan Similkameen
Mental Wellness Society

Peer Support Program

One-on-One Peer Support
Peer Support Group Meetings
Your Recovery Journey
Peer Support Training
Positively Social



**A Reason to HOPE
The Means to COPE**

OUR MISSION STATEMENT

To alleviate the suffering caused by mental illness

We build on hope and empowerment in supporting people to...

- ◆ Understand and live with their mental illness
- ◆ Develop new coping strategies
- ◆ Learn new skills and achieve their goals
- ◆ Establish social connections
- ◆ Link with community resources



WHAT IS PEER SUPPORT?

Peer support is a process in which people in recovery from a mental illness offer support to their peers.

Peer support workers have lived experience with mental illness and therefore are in a unique position to offer support to others that can improve the quality of their lives.

Providing and receiving peer support is an integral component of rehabilitation and recovery for people with mental illness.

The concept of peer support relates to the creation of an interpersonal context that is respectful, trusting, and warm. This provides people the opportunity to find their own answers and empowers them to make changes that will enhance their lives.

PEER SUPPORT GROUP MEETINGS

Date: Weekly on Thursdays
Time: 12:00PM-1:00PM
Location: Online via Zoom

Contact us to register!

WANT TO LEARN MORE?



Visit our Website:
www.sosmws.com

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www.facebook.com/SOSMentalWellnessCentre

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