

WELCOME TO OUR VIRTUAL

PEER SUPPORT GROUP

- P**repare yourself a cuppa
- E**njoy talking or just enjoy listening
- E**ncourage and enquire
- R**emember you are not alone

- S**hare ideas, hopes, fears and joys
- U**nderstand and be understood
- P**ositive opportunities await you
- P**articipate with as much as you like
- O**rganise to meet outside the group
- R**emember everyone is important and unique
- T**oday come just as you are, moment by moment

- G**uest speakers with lived experience
- R**espect and be respected
- O**kay to be yourself
- U**nderstand you are not expected to be fixed
- P**rivacy and confidentiality



**For more information, please contact
your Employment Support Worker/Change Coach**



Peer Support helps you...

FUN ● LAUGHTER

SIGNPOSTING ● ADVICE AND GUIDANCE

SUPPORTING EACH OTHER ● A PLACE TO BE YOU

FRIENDSHIP ● KNOWLEDGE AND IDEAS

SAFE PLACE FOR ALL ● NON-JUDGMENTAL

INFORMATION ● WORKING TOGETHER

LIVED EXPERIENCE ● SOCIAL