

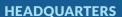




CONTACT US TODAY TO LEARN HOW YOU CAN HELP OR HOW WE CAN HELP YOU!



EMPOWERING INDIVIDUALS WITH DISABILITIES



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SERVING 16 COUNTIES IN NORTH CENTRAL FLORIDA

STAFFED & GOVERNED BY A MAJORITY OF PERSONS LIVING WITH DISABILITIES



EMPOWERING INDIVIDUALS WITH DISABILITIES



What is Peer Support?

Peer Support is a service that brings together persons with similar disabilities or issues to collectively share experiences, knowledge and skills.

Peer Support groups offer people with disabilities a setting where they can share their concerns and solve problems about everyday issues that affect their lives.



What is a Peer "Mentor"?

A peer mentor is someone who has adjusted to their disabilities and provides positive role modeling and mentoring. Peer mentors share life experiences in a broad array of situations.

Components of Peer Support

- Weekly group meetings
- One-on-one support
- Guest speakers
- Outings

Group Meetings

Group meetings are gatherings in which consumers share their experiences and find solutions. The group is consumer driven. A peer facilitator is there to listen and ensure the group runs smoothly and effectively.

One-on-One Meetings

When a person wants to share something that they feel is too personal to share in a group, they may make an appointment to talk to someone one-on-one to share their concerns and work on solutions.

DURABLE

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Why is Peer Support Important?

Peer Support is one of the Center's core services. It fosters:

- Increased self-confidence
- Increased self-reliance
- Awareness of rights and responsibilities
- Understanding of the Independent Living Philosophy



