



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



**Center FOR
Independent Living**
OF NORTH CENTRAL FLORIDA

*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.

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

