



## A Virtual Peer Support Group for Youth & Young Adults

**Every Thursday @ 4pm**

Connect with other youth & young adults in a safe, supportive virtual environment, and create a community that is free of stigma, with a focus on wellness and recovery.

**Get the Link**



**Thrive 4 Hope**

## Peer Support

### Hopeful

Peer supporters demonstrate that recovery is real, they are the evidence. By authentically living in recovery, peer supporters inspire real hope is possible for others. Hope is the catalyst of recovery for many people.

### Empathetic

Peer supporters do not assume they know exactly what the other person is feeling even if they have experienced similar challenges. They ask thoughtful questions and listen with sensitivity to be able to respond emotionally or spiritually to what the other person is feeling.

### Voluntary

Recovery is a personal choice. The most basic value of peer support is that people freely choose to give or receive support. Being coerced, forced or pressured is against the nature of genuine peer support.

### Respectful

Each person is valued and seen as having something important and unique to contribute to the world. Peer supporters treat people with kindness, warmth, and dignity.

