

DISTRICT PEER SUPPORT PROGRAM

What is the District Peer Support Program?

The District Peer Support Program provides support to individuals and families affected by mental illness throughout the Kenora and Rainy River Districts. This program was developed because of a need identified by individuals with mental illness and family members who thought that they would benefit from services provided by a peer. A peer is someone who has experienced a mental illness and is knowledgeable of mental health and social services.

We promote **RECOVERY** and most importantly, we can provide **HOPE**.

Our staff has a blend of education, training and personal experience with mental illness. Through this combination, peer staff promote recovery providing a supportive and safe environment where people can talk about their mental health issues without judgment and with confidentiality.

Individuals interested in services can contact us to make arrangements to complete an intake. Referrals are accepted from any source as long as the individual is aware and wanting service.

Who is eligible?

Individuals 18 years of age and older who have a mental health issue or have had one in the past. Family members of individuals with a mental health issue.

The program provides:

- Peer, Family and Forensic Peer Support
- Peer Support Drop-In Centres in Kenora, Dryden and Fort Frances
- Educational training throughout the month at each Drop-In Centre
- Regional Consumer and Family Conferences
- Referral and advocacy services
- Free membership with little or no cost to participate

For more information contact the District Peer Support Program nearest you.

Fort Frances

612 Portage Avenue
P.O. Box 446
Fort Frances, Ontario
P9A 3M8

Phone: 807-274-2347 ext. 213
Fax: 807-274-3515
Toll Free: 1-877-311-0117

Kenora

St. Joseph Health Centre
21 Wolsley Street
P.O. Box 492
Kenora, Ontario P9N 3X5

Phone: 807-468-4699
ext. 206 or 208
Fax: 807-468-7628

Dryden

52 Van Horne Avenue
P.O. Box 525
Dryden, Ontario
P8N 2Z2

Phone: 807-223-8841
ext. 225
Fax: 807-223-8816





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Did you know...?

Peer Support Workers:

- meet with you in the community
- meet with you one-on-one
- meet with you at your home
- assist you to make referrals to other services in the community, such as counselling
- assist in the process of obtaining a family doctor
- advocate for you in many areas, i.e. ODSP, OW, etc.

Each Drop-In Centre has:

- laundry facilities (free to program participants)
- access to computers and the internet
- a meal program
- access to special recreation activities such as bowling, swimming, gardening, etc.
- group activities to promote wellness that are recreational, educational and encouraging

Individuals who participate

- do not feel so alone and are more likely to believe that recovery is possible



Canadian Mental
Health Association
Fort Frances Branch
Mental health for all