

● ● ● What can I expect from Peer Support?

- The Peer Support workers will hold space for you to talk about whatever is going on for you.
- They will provide encouragement around your goals and ambitions.
- They will empower you to find and strengthen your voice to advocate for yourself and the life you want to lead.
- Peer Support can complement other support services. For example, if you're seeing a counsellor, it may also be helpful to see a Peer Support worker at the same time.



All John Howard/Foundry services are free of charge.

Our Mission

The John Howard Society of North Island is a charitable organization whose mission is to provide programs and support to help children, youth, adults, and families lead safer and healthier lives.

Location

140 10th Avenue
Campbell River, BC

Tel. 250-286-0611
Fax 250-338-6568
www.jhsni.bc.ca

The John Howard Society of North Island's programs are situated in the traditional territories of the Kwakwaka'wakw, Laich-kwil-tach, Nuuchah-nulth, and Coast Salish peoples.

JohnHoward
The John Howard Society of North Island

JohnHoward

· F O U N D R Y ·

Peer Support



Campbell River
Tel. 250-286-0611
www.jhsni.bc.ca



What is Peer Support?

- Peer Support workers provide emotional, experiential, social, or practical support on a peer level for youth ages 12-24.
- They are young people who have lived or living experience with mental health or substance use challenges, or experience supporting others with those challenges.
- Peer Support workers recognize you as an expert in your own life and will work together with you on your goals.
- They are available to answer questions regarding John Howard/Foundry services, including group information.



What Peer Support services are offered?

One-to-One Support

- You can connect with a Peer Support worker to chat about what's going on for you or to learn.
- Peer Support workers are trained to walk alongside you in your wellness journey.
- You don't need to see a counsellor to have a Peer Support session.

Peer Led Groups

Safe Space Saturday

- Every Saturday from 12-3:15 pm we host a rotating format of activities.
- Some of our previous activities have included Dungeons & Dragons, various art projects, high tea, and baking.
- The activities change based on youth input.
- Please check with the Peer Support workers for weekly activities updates.

Peer Support Drop-in

Come by and say hi to our Peer Support team in the lobby at Foundry Campbell River!

Tuesday 1-5 pm

Wednesday 1-5 pm

Thursday 1-5 pm

Friday 1-4 pm

Other Groups

- Ask us about our other Peer Support groups!

