



How does Peer Support work?

Peer Support is peers helping peers. It's based on shared lived experiences, understanding, empathy, and encouragement to come out of your shell and continue healing.



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

575 10th Street
Courtenay, BC
Tel. 250-338-7341
Fax 250-338-6568
www.jhsni.bc.ca

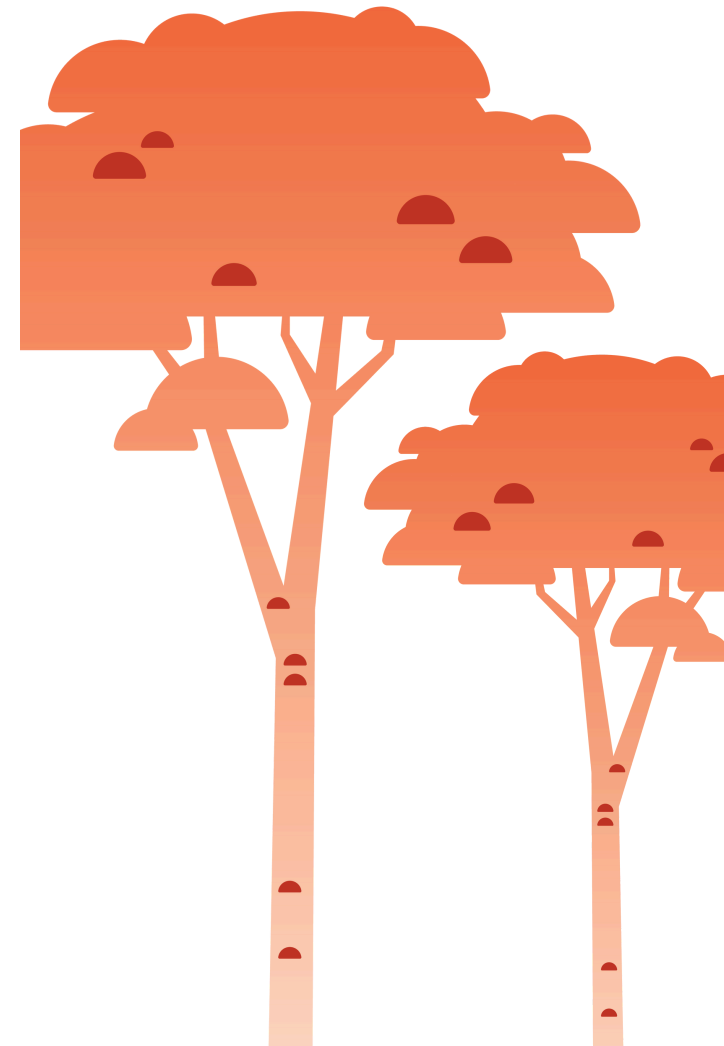


The John Howard Society of North Island's programs are situated in the traditional territories of the Kwakwaka'wakw, Laich-kwil-tach, Nuuchahnulth, and Coast Salish peoples.

JohnHoward

· F O U N D R Y ·
COMOX VALLEY

Youth Peer Support



Peer Support is...

For anyone ages 12–24

Peer Support provides emotional support and acceptance no matter what's going on in your life.

Strengths-based

Peer Support can help you discover your strengths and honour your inner wisdom.

Client-centered and self-paced

Peer Support helps you make your own decisions free from the influence of others. Peer Support doesn't fix or save people—it provides a space for you to create goals that fit your own life.

What Peer Support services are offered?

One-to-One Support

- See a Peer Support worker at Foundry as needed through **drop-in**
- Make appointments to meet Peer Support workers in the community through **outreach** (referral required)

Service Navigation

- Learn about Foundry and what it has to offer
- Ask questions about other community resources
- Discover how to access the care you need

Peer-Led Groups

- Peer Support hosts a variety of groups at Foundry. Follow us on social media for current offerings.

 @FoundryComoxValley

 @FoundryComoxValley

Accessing drop-in

Peer Support is available during all drop-in hours. Come in our front door and we will take it from there.

M 9 am – 12 pm | 1 pm – 4:30 pm
T 1 pm – 6 pm
W 1 pm – 4:30 pm
T 1 pm – 6 pm
F No drop-in

Hours may differ during school breaks and holidays.

