

Feeling Stressed?
Lonely? Anxious? Sad?

You are not alone.

Every Monday
3:30pm – 4:30pm
\$10 per session

Join Corbrook's **Peer Support Circle**



What is a Peer Support Circle?

A Peer Support Circle is a safe and non-judgmental space for you to talk to your peers about any challenges you are currently facing. It is a chance for you to give and receive support from others who have similar life experiences. Peer support focuses on the following values:

- Hope and resilience
- Empathetic and equal relationships
- Dignity, respect and self-determination
- Lifelong learning and personal growth

Please note:

Peer support is **NOT** the same as professional therapy. A Corbrook staff member will supervise the session and support participants, however no licensed therapists will be present. Please consult your doctor regarding any pre-existing mental health conditions or concerns.

To register, please contact Jennifer at jennifer.watanabe@corbrook.com or Louise at louise.scott@corbrook.com . **Space is very limited to keep group sizes small.**