

PEER SUPPORT GROUPS

Most peer support groups have four things that they do. They do these in different combinations. For example, a group might be mostly educational, but throw a party twice a year, or the group might be strictly a support group until an issue crops up that requires advocacy. Almost every group focuses on one or two areas, and those areas change over time.

1. SOCIAL GATHERINGS (eating out, hosting a party/picnic, going bowling, going to a movie, etc.)

2. EDUCATIONAL OPPORTUNITIES (topics, guest speakers, bring in experts, panel discussions, learn about new services or new assistive technology, attending conferences & workshops, etc.)

3. MUTUAL SUPPORT (discussing common experiences, validating common feelings, share ideas about various options, etc.)

4. ADVOCACY OPPORTUNITIES (advocate for a cause in the community, attend public meetings, join other groups in their efforts, send out and respond to action alerts, learn about the issues, hold protest marches, etc.)