

What are peer support groups?



A peer support group is people who get together to support each other.

Members of the group have similar experiences in life.

Peer support groups are about

- Trust
- Relationships
- Community

As a peer you are the expert in your own life.

In a peer support group you must remember **everyone is an expert.**

Peer support goes two ways.

You can get support and give support.

Ways peer groups can help you



Peer groups can help you

- Get new information
- Learn new skills
- Speak up
- Become a leader
- Try new things
- Get things off your mind
- Have fun!

Peer support groups give you social support



Social support means you connect with other people.
The group cares about you and you feel included.
Peer support can help you make new friends.

Peer support is different from other kinds of support



You learn from your own experience as a person with disability.
Your experience gives you expert knowledge other people do not have.
You can share your experience with your peers.

Peers learn from each other



Peers can be role models.

Role models show new ways of doing things.

You and your peers can learn from each other as role models.

Sharing your experiences can help other people.

Peers can help one another to

- Feel more confident
- Think in new ways
- Make changes in your lives