

PEER2PEER

Support Group for Peers

Every Tuesday from
12:30 - 1:30 PM EST

The Peer2Peer Support Group is designed to help peer support professionals stay grounded, supported, and remain effective in their work supporting others. Join Tracie and Nicole, who provide a safe, confidential space where you can:

- Share experiences and challenges unique to your role.
- Process emotional labor and prevent burnout or compassion fatigue.
- Strengthen coping strategies and self-care practices.
- Receive encouragement and mutual support from others with lived experience.
- Foster professional growth through discussion, feedback, and skill-sharing.

6/03- Kickoff/Create Our Space: Get to know each other & build our vibe.

6/10- Strength Mode ON: Getting yourself rooted.

6/17- Trauma-Informed, Heart-Aware: Support with sensitivity. Boundaries with backbone.

6/24- Know Thyself: Get real about triggers, boundaries and holding your line with love.

7/01- Walk the Talk: Keep it ethical, keep it peer. No power trips here!

7/08- Talk Like a Peer Pro: Next-level listening, asking & supporting.

7/15- When Things Get Real: Handling crisis with calm & clarity.

7/22- Notes & Teams: Write it down without writing a novel and collaborate like a boss.

7/29- Inclusion Is a Practice: Honor identity, stay humble, & learn every day.

8/05- Take Care or Burn Out: You can't pour from an empty cup- so refill yours.

8/12- Lead with Heart: Facilitate groups like a grounded, confident peer.

8/19- Reflect & Celebrate: You showed up. You grew. Let's honor that.

PIER Recovery Community Center:
1002 Monmouth St Newport, KY 41071

ZOOM: <https://bit.ly/3YaihQ3>

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