

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.

8/26- Create Our Space: Get to know each other & build our vibe.

9/02- Strength Mode ON: Getting yourself rooted.

9/09- Trauma-Informed, Heart-Aware: Support with sensitivity. Boundaries with backbone.

9/16- Know Thyself: Get real about triggers, boundaries and holding your line with love.

9/23- Walk the Talk: Keep it ethical, keep it peer. No power trips here!

9/30- Talk Like a Peer Pro: Next-level listening, asking & supporting.

10/7- When Things Get Real: Handling crisis with calm & clarity.

10/14- Notes & Teams: Write it down without writing a novel and collaborate like a boss.

10/21- Inclusion Is a Practice: Honor identity, stay humble, & learn every day.

10/28- Take Care or Burn Out: You can't pour from an empty cup- so refill yours.

11/04- Lead with Heart: Facilitate groups like a grounded, confident peer.

11/11- 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>

Contact: Nicole Paul
513-562-2590
npaul@mhankyswoh.org