



## CCESO'S FORMATION OF PEER SUPPORT GROUP



### OBJECTIVES

- To bring together people with shared experiences to support each other.
- To provide an opportunity to discuss how they are coping with COVID-19.
- To provide a space where every member of the group would feel accepted and understood.
- To encourage each member to treat everyone's experiences as being equally important and without being judgmental
- To encourage each member to be involve in both giving and receiving support.

### WHAT DO WE AIM TO ACHIEVE AFTER EACH SESSIONS:

- Improved Hope
- Increased Self Esteem
- Be more open to ask for help if needed
- Be supportive to each other to work towards success/healing

### Please Join Us in our Upcoming Virtual Workshops on:

<b>October 24 (12-2 pm)</b> <i>Topic-Assertiveness</i>	<b>November 21 (12-2pm)</b> <i>Topic-Advocacy and Leadership</i>
---	---

Call: Victoria Policarpio to register @ (416) 576-4215  
Or email: [caregiverconnections@gmail.com](mailto:caregiverconnections@gmail.com)