



**Canadian Mental
Health Association**
Thames Valley
Addiction and Mental Health Services

Peer Support at

**RAPID ACCESS ADDICTION
MEDICINE (RAAM) CLINIC**



What is Peer Support at the RAAM Clinic?

Peer Support at RAAM offers groups and one-to-one services to individuals accessing the clinic. Our peer support worker shares similar lived experiences related to mental health and addiction, and has gone through their own wellness journey and recovery process.

All peer support workers are highly trained and maintain professional limits and boundaries. The support worker offers empathetic understanding, validates experiences, models well-being, and is continuously growing and learning through this mutually beneficial relationship.

Drop-in and speak with our peer support worker during RAAM clinic hours on Mondays, Tuesdays and Wednesdays.

For more information, please contact:
519-317-1687 or PeerSupport.RAAM@cmhatv.ca.



What kinds of groups are available?

Groups are led by peer support workers and are listed in the CMHA Thames Valley Addiction and Mental Health Services program guide. **Examples of Addiction-related peer support groups include:**

Let's Talk About Justice and Mental and/or Substance Misuse

A peer support group for individuals who struggle with substance use and/or mental health.

Harm Reduction 101 Workshop

2-hour workshop that explores Harm Reduction philosophies and best practices; topics will include Overdose Prevention, Good Samaritan Drug Overdose Act, safer drug use, and safer sex.

Breaking Free Online (BFO) Community Peer Group

A 7-session peer support group that explores the impact of substance use on our emotional, physical and spiritual wellness; peers will access the BFO platform to guide their learning and sharing.

Forging Ahead: Breaking Free Online (BFO) Community Drop-In

A weekly drop-in group that serves as a space for people who are accessing the BFO platform to connect, check-in, review BFO strategies, and share their successes and challenges related to their substance use.

Connect with our RAAM Clinic peer support worker to discuss current group availability.



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