



PEERS HELPING PEERS:

(We are all peers—as human beings, we have common experiences to share.)

We partner with the Independent Living Resource Center (ILRC)

SELF HELP GROUPS SANTA BARBARA

MAY 2020

Hearing Voices, Having Visions, and more...

- Mondays, 6:00pm-7:00pm—via Zoom and telephone

In a safe environment, we talk about our unusual sensory experiences, such as hearing voices, having visions, clairvoyance, telepathy, etc., and we help each other. We support everyone’s choice to include medications as part of their own recovery plan, as outlined by their own medical team.

Anxiety, Joy and Gratitude

- Tuesdays, 11:am-12:00pm—via Zoom and telephone

Together, we explore our feelings as we honor our individual strengths and our individual needs for safety and comfort. Join us in an honest discussion of how we feel, as well as how we can change our perspective to be more positive and healthy.

Wellness Recovery Action Plan—WRAP

- Wednesdays, 6:00-7:00pm—via Zoom and telephone

In this support group, we learn about and practice Recovery Topics and develop our Wellness Tools, enabling us to live more peaceful and meaningful lives during this time of chaos.

Mood Disorder Support Group

- Thursdays, 6:00pm-7:00pm—via Zoom and telephone

A weekly support group where people with mood disorders find comfort and direction in a confidential and supportive setting, where feelings are honored, and where we find ways to cope and be strong.

- **All groups may be accessed via Zoom and telephone. Each and every weekly support group will have a unique Zoom link and a unique telephone number, ID number and password.**

Contact Catherine for access information to the *Monday, Tuesday and Wednesday* groups.

Catherine Birtalan 805-252-0483, selfhelpgroups.sb@gmail.com

Contact Elizabeth for access information to the *Thursday* group.

Elizabeth Imperato, 805-886-4729, wrapofsantabarbara@gmail.com



ALL GROUPS ARE FACILITATED BY PEOPLE WITH LIVED EXPERIENCE, AND ALL GROUPS ARE FREE AND WELCOMING.

SELF HELP GROUPS SANTA BARBARA is PEERS HELPING PEERS

Our Mission is to provide safe and supportive places for peers to share their day-to-day experiences.

Our Vision is to have a vibrant and healthy peer community where people feel respected as they are.

Our Goal is to assure that all peers in Santa Barbara are aware that there are safe places to meet.