



PROGRAM OVERVIEW

Peers Helping Peers is a new program offered by Somerset West Community Health Centre and funded by Ontario Trillium Foundation. The aim of the project is to engage community members in social participation through skill development training, networking and capacity building; promote community connections and create opportunities for volunteer leaders in the community. The project works with three communities including Rochester Heights, Mechanicsville and the Yet Keen Senior's Day Centre. Peers Helping Peers provides opportunities for participants to share information and ideas, identify community priorities, support one another, and contribute to supporting, developing and implementing community programs and activities.

In recognition of their time and expertise, participants of the program will be paid an honorarium.

Childcare and bus tickets are available upon request.

FOR MORE INFORMATION:

Please contact **Rosamond Meier**, Community Engagement Facilitator at 613-688-1177 ext 5601 or rmeier@swchc.on.ca