



# Helping Others. Healing Yourself.

## Peer Support Groups to Discuss Life's Experiences and Challenges

Your life experiences are unique to you, but there are other people who you can lean on for some extra support to talk about your experiences, struggles and challenges.

That's why St. Vincent Charity Health Campus Crisis & Recovery Services (CRS) holds two weekly peer support discussion groups where you can connect with others and transform your lived experience into lessons of hope and healing. The groups are facilitated by CRS Peer Recovery Supporter Stanley Foster.

### Here are five reasons to join one of our groups:

- Realize you are not alone
- Express your feelings
- Learn helpful information
- Gain hope
- Help others

### OUR MISSION

*The Crisis and Recovery Services team of the St. Vincent Charity Health Campus is dedicated to helping humanity thrive by removing the stigma associated with mental health. We strive to inspire, uplift and create a safe space for people to heal and grow.*

**What:** Peer Support Discussion Groups

**When:** Every Tuesday at 10 a.m. and every Thursday at 1 p.m.

**Where:** St. Vincent Charity Community Health Center, main floor, 2351 East 22nd Street, Cleveland

**Registration:** None required. Walk right in.

**Cost:** Free

### Questions?

Contact: Stanley Foster

Peer Recovery Supporter – Crisis and Recovery Services

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**ST. VINCENT CHARITY  
HEALTH CAMPUS**

*A Ministry of the Sisters of Charity Health System*