

Peer-Led Mental Wellness Recovery Groups



This group is led by facilitators who have recovered from mental illness. They have been trained in peer support as well as the Mental Wellness group recovery model. In this ten-session program, patients can talk about what recovery means for them, how to break free of past pain and negative views of themselves, and learn how to practice good self-care and set goals to achieve the life they desire.

Patients attending this group told us that they improved their understanding of their recovery, as well as their appreciation of the importance of self-care. They also improved their ability to recognize and change unhelpful thinking or negative self-perception as well as their understanding of the importance of setting personal goals to recovery.

100% of patients who attended this group said they would recommend the group to others. Here's what some participants had to say.

"[This group] is very helpful, and the facilitators understand where we are coming from."

"Thank you all for helping me take the steps to recovery and showing me the way."

"Thank you for the experience."

