



Community
Development
Framework



Peer Support Forum

June 8, 2021

9:30-11:00

Why we are here...

Learn about successful peer models in the Ottawa and lessons learned to build capacity and further **peer support** as a way to foster **mental wellness** in our diverse community.



We want to know...

1. Given the goals of your peer program, what difference is it making in the lives of peers and the community it serves? That is, what is the impact?
2. What have you learned – what has worked well and/or have there been any challenges? What would you do more of or differently?
3. If you had no or little resources to continue your peer program, how might you be able to continue the work?



Britannia Woods Community House
Maison communautaire Britannia Woods

Britannia Woods Community Circle - BWCC

Weekly group meeting 2-3 hours

www.britanniawoods.com

Diana Belghali

diana@britanniawoods.com

Peers engaged: Parents/Adults residing at Britannia Woods Community and nearby areas.

Community served: Britannia Woods Community located at Ritchie street

Details: Britannia Woods Community Circle consists of key parents from the Community who meet on a weekly basis to socialize and get to know one another. The group focuses on bringing community together, improving quality of life for families and children living in the neighbourhood, celebrating, sharing experiences, and increasing safety awareness.



Peer Mentorship Match and Study Peers

since 2018

www.cciottawa.ca

Shola Iyoho

shola@ottawa-worldskills.org

Peers engaged: 60 current

Community served: Newcomers with training in health care

Details: facilitate matches between internationally trained professionals with recent newcomers looking to integrate into the Canadian health care sector. Additionally, Study Peers support one-another during the licensing process.



Resident Peer Support Worker

since August 2020

www.optionsbytown.com/

Stephen Sauppe

Sauppessaupe@optionsbytown.com

Hany Ibrahim

hibrahim@optionsbytown.com

Peers engaged: 1 amazing peer

Community served: 3 buildings in Overbrook area

Details: Pilot program of a Resident Peer Support Worker to support residents living in three buildings in the Overbrook area. Supports available around food, safety and security, mental wellness and liaising with Options Bytown staff



Mood Disorders Ottawa

since- 1986

www.mooddisordersottawa.ca/

Sharon Roberts

sharonberts62@gmail.com

Peers engaged: 260

Community served: People living with mental health issues, individuals experiencing mental illness and looking for support and recovery programs.

Details: People typically referred by physician to participate in a variety of programs including Peer Support Groups, Pathways to Recovery and the Writers Collective group sessions facilitated by a peer and focused on recovery and wellness.



Community Economic Development

(various programs)

17 years

<https://ociso.org/employment/>

Tatanisha Riggan

mentoring@ociso.org

Peers engaged: 100+ per year

Community served: newcomers including permanent residents, protected persons, refugees. French, English, additional languages with limitations

Details: Facilitated employment and self employment mentorship matches. Clients are matched with a volunteer Career Mentor working in the same or a related field in employment and self employment. Mentors and mentees meet weekly.



Peers Helping Peers

2018-2021

Website

<https://www.swchc.on.ca/programs/peers-helping-peers>

Larisa Chesire

lchesire@swchc.on.ca

Peers engaged: 51

Community served: People who live in Rochester Heights, Mechanicsville and for members of the Yet Keen Seniors Centre

Details: With the goal of increasing connections to a diverse circle of people and resources, peers had training, received coaching from SWCHC staff and participated in volunteer activities that matched their interests.

Follow up Survey Link

<https://www.surveymonkey.com/r/P89M2V6>

Interested in connecting like this regularly?

Contact:

[Email: CDF Coordination](mailto:info@cdf-oc.com)

Call or text 613-323-5626

Thank you for
participating!



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