



*....Providing a foundation for better living for all!*

## Peer Support Group Meetings

Peer support (sometimes referred to as mutual support) is a supportive relationship between people who have a lived-experience in common; the experience individuals have in common, in this peer support program, is losing one's home. This peer support program is an informal private opportunity; available every Wednesday from 6-8 p.m., for you to speak to someone like you, who is in, or has been in foreclosure, post foreclosure, unlawful detainer or has lost their home. Assistance is available with any difficult issues you may be currently experiencing as a result. We are here to help you clarify your concerns and explore your available resources.

Our program is "based on the belief that people who have faced, endured, and overcome adversity can offer useful support, encouragement, hope, and perhaps mentorship to others facing similar situations." Reaching out for help or guidance on an issue is not a weakness in one's character; we are here to listen to your concerns and assist you.

This program is preventative maintenance. For many, just talking about the problem will help. For others, peer supporters, or "peers", have received formal training in listening skills and are able to recognize, help to prevent/understand the effects of stress and refer you to other assistance, if needed. You may be given connections to others in your local area to help you build a network of support.

Participation is key; a way of working that empowers people to participate in decisions and actions that affect their lives. It is based on the conviction that people have the right to have a say in the way that the services they use are set up and run. Too often people, at social or economic disadvantage, face barriers which diminish their capacity to actively influence the decision making process.

Participation is important and a useful way to recruit peer support volunteers, but participation and peer support are not the same thing. Participation means involving clients in the day-to-day running of services, or in the setting of plans or policies. Specifically, peer support is the idea of involving people with lived-experience who can offer support to others facing homelessness in their recovery journey.

This peer support program is not a substitute for professional help. The program is an opportunity available to you for discussing issues or pressures you may encounter as a result of being in foreclosure, in post foreclosure, in unlawful detainer action, out of your home or living on the street.

Meetings are held on Wednesdays from 6-8 p.m. Pacific time, via zoom.us, meeting ID 9457502120.

If you need a clickable link sent to your phone or computer please email me at:

[contact@foundationforbetterliving.org](mailto:contact@foundationforbetterliving.org) or text me at (951) 880-4159, or complete the contact information on our website: <https://foundationforbetterliving.org/>.

*Remember: You are not alone.*

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