

**YOU ARE  
NOT ALONE.**



selfhelp.on.ca  
416-487-4355



The Self-Help Resource Centre connects people with peer support groups and initiatives to help them overcome major life challenges and transitions on the path to improved health and happiness.

**We offer:**

- Online support group database
- Peer support referral service
- Peer facilitator training
- Ongoing support for facilitators
- Wellness tools & resource workshops
- Youth & young adult programs
- Consultation for organizations
- Student & volunteer opportunities

**Coming together. Seeing strength. Growing change.**