YOU ARE NOT ALONE.
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