

# Consumer Engagement through Peer Support

## Peer Support

- Peer run welcome sessions
- Strength based activities
- Group check-in and feedback
- Psycho Education
- Meditation
- Co-designed support
- Art & Music Therapy
- Cadetship to grow peer workforce
- Volunteer Program



Peer Support is welcoming.  
I feel like I have found my 'family'.  
We understand and support each others' struggles.

- Group Participant



Amazing experience of calmness, the studio feels relaxing and calm. Clare is an excellent, gentle yoga instructor.

- E.B. Yoga Participant



**SCAN** to see a collection of images and thoughts from community members



Peer Group Art. HOPE & THRIVE. 2022, Recovery Room, Ferntree Gully

## Trauma Informed Yoga

- Interoception: awareness of what's going on inside the body - physical sensation & emotions.
- Encouraging participant choice and action
- Recognition of the present moment
- Restorative, therapeutic sequences to release trauma.

## Alcohol, Tobacco & Other Drugs Counselling

- Collaborative approach with a trauma informed lens
- CBT, MI & ACT, etc
- Dual Diagnosis Treatment
- Animal Assisted Intervention (upcoming)
- Eye Movement Desensitisation Reprocessing (upcoming)
- No wrong door, all welcome
- Whole of health assessment



The yoga group is accepting, non-judgmental and I feel included.  
The studio is welcoming and comfortable. Clare has a soothing voice that's easy to listen to and makes me feel relaxed.

- A.P. Yoga Participant

## Trauma Informed Yoga

Average quality of life improvement to date

Physical health **+15%**

Psychological **+30%**

Social relationships **+25%**

Environment **+9%**

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