



Mental Health Services
of Renfrew County

Wellness within Reach

SHARE

Self Help through Awareness,
Recreation and Education

SHARE is a peer-led support group in which members living with mental illness share and provide emotional and social support to each other. Membership is by self-referral.

Peer Support is a relationship between people who share a common life experience. Because hope is the starting point from which a journey of recovery begins, Peer Support can inspire hope and demonstrate that recovery, while unique for everyone, is possible. Peer Support facilitates Recovery. And recovery is about people rediscovering a quality of life in their community while striving to achieve their full potential.

It helps to be able to talk to someone who understands what you are going through and who will not judge you. (Cargnello, J [nd] Peer Helper Training: A Trainer's Manual; National Centre for Operational Stress)

We believe that:

- Each person is unique
- People are not their diagnosis
- Everyone needs a place to belong
- Everyone needs a purpose
- People have the ability to recover from mental illness

What SHARE offers:

- A welcoming place to belong
- Empathy and acceptance
- A safe place to rediscover oneself
- Weekly member-led social and recreational activities including games, movies, meals, crafts, excursions etc.
- Wellness education
- Computer and internet access
- Opportunities to volunteer in community projects

Learn More About How We Can Help
613-732-8770 or 1-800-991-7711

Our Locations:

196 Albert Street
Pembroke
613-732-8770 ext. 8153

316 Plaunt Street South
Renfrew
613-732-8770 ext. 5619

128 Mary Street, Unit C
Arnprior
1-800-991-7711 ext. 5705

Mental Health Crisis Line - 24/7
1-866-996-0991



Mental Health Services of Renfrew County is a program administered by the Pembroke Regional Hospital.
www.pembrokeregionalhospital.ca