

PEER TO PEER CONNECTIONS GROUPS

What are Peer to Peer Connections Groups? They are a gathering of people who share common health concerns and interests.

- Learn coping strategies related to caregiving experience.
- Relate to other caregivers in a safe environment for emotional support, friendship and peer support.
- Learn about Community and other supportive resources.

What are the benefits of participating in Peer to Peer Connections Groups?

- Developing a clearer understanding about what to expect with their unique situation.
- Share common experiences.
- Reduction in feelings of isolation.
- Learn about community resources.

Peer to Peer Connections groups are not the same as group therapy sessions, which are a formal type of mental health treatment that brings together people with similar conditions under the guidance of a trained mental health provider.

Snohomish County Caregiver Support Program

For more information about Peer to Peer Connections Groups:

Stillaguamish Senior Center: North County: (425) 248-5276

Stillaguamish Senior Center: East and South County: (425) 248-5156