

# PEER RUN SUPPORT GROUPS

All of our groups are facilitated by  
Peer Mentors:

- Young Adult group meets on Tuesdays from 3-4:30pm
- Dual Recovery group meets on Tuesdays from 5-7pm
- Women's group meets on Wednesday's from 12:30-2:30pm
- Holders of Hope group meets on Wednesday's from 5-7pm & Saturday's from 10am-Noon

## Our groups meet at:

Onondaga Case Management  
Services, Inc.

220 Herald Place, 3rd Floor  
Syracuse, NY 13202

315-472-7363

## For more information contact:

Jason Erwin ext. 248

Anthony Ciccarino ext. 245

If you are attending any of our  
groups, you are welcome to  
attend our activities and  
events throughout the year:

- **Holiday Party**
- **Spring Dance**
- **Summer Picnic**
- **Dinner & A Movie**
- **Game Time**
- **Movies at IMAX**
- **HOPE Creations**

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Phone: 315-472-7363

Fax: 315-472-0084

[www.ocmsinc.org](http://www.ocmsinc.org)

ONONDAGA CASE  
MANAGEMENT  
SERVICES, INC.

## PEER MENTOR PROGRAM



*“Never let go of hope. One day you will see that it all has finally come together. What you have always wished for has finally come to be. You will look back and laugh at what has passed and you will ask yourself... How did I get through all of that?”*

## *Peer Mentor Mission Statement*

Peer Mentors are members of the community who have or have had challenges in life. Although affiliated with Onondaga Case Management, Peer Mentors are not social workers, case managers, or traditional mental health providers.

Mentors partner with individuals in the community who have challenges related to mental health, and guide them in their recovery process. We share our life experiences with fellow Peers to enrich, strengthen, support, and create a life of choices.

## *Voices of Peer Mentors*

- “I want to give people *hope* that they can live their life and not just exist because they (rely on )are in the mental health system.”
- “I want to show people how they can advocate for themselves and how *empowering* that can be.”
- “I love showing people that recovery is *real* and *possible*”
- “Recovery is not all doom and gloom, if it was why do it!” You have to find time to *celebrate*, be *joyful*, and find some peace in your heart.”

## *Peer Mentor Program Services*

- One on one partnership’s and team collaboration with Peers that foster empowerment.
- Bus Training that builds self esteem and promotes community integration..
- Support groups that offer “hope” and enrich lives.
- Events and activities that provide “fun” in peoples lives.

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