

## Goal's Group, Peer Support Group

Age Requirements

0-5

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6-12

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13-21

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22-55

,

56-60

,

60+

Available 24/7

No

Other Eligibility Criteria

Over 18

Family

No

Intake Process

Walk in, self referral

Self Refer

Yes

On Our Own

<http://www.onourowncville.org/>

Main

(434) 979-2440

123 4th Street NW

22902 VA

United States

Fee Structure

No Fee

Languages Spoken

English

Peer Support is a system in which two or more people who have similar experiences help each other. This common experience allows for more authentic empathy and support. It is a system founded on key principles of respect, shared responsibility, and mutual agreement of what is helpful. In this relationship, neither person has more expertise as a supporter than the other. It is one of equality. This equality arises from the shared experience of emotional and psychological pain. Through mutual empowerment, the idea that each person is taking responsibility for their own recovery. The helping is mutual. A sense of community can be rebuilt and stigmas associated with mental illness can be overcome.

Goal's Group is a weekly goal's group as part of the peer support group. Challenges and triumphs are shared as goals are reached.

The Center provides a home base for individuals who have experienced significant problems in their lives due to a mental illness and who acknowledge this. Offers quiet respite, a mailing address and phone, kitchen facilities, newspaper and television, a social center with a variety of drug and alcohol free activities and events; peer-provided services to homeless mental health service consumers.

Service Area(s)

Albemarle County

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Charlottesville City