

Mia – Flipside PSG, Peer Support Group

Since I joined the Peer Support Group, I have been feeling a lot better. All the members are nice and both Grace and Heather come up with very interesting ideas every meeting. Two of the things I really loved was when they contacted a publishing company so that every member could participate and send their recipes to add to the book. To be honest, when I heard of such thing, it really made me excited because this is a one chance opportunity that doesn't happen very often and the journey we all had to go through while sharing the recipes, talking to the people who were going to help us etc. just made it very exciting and enjoyable. Thanks to that opportunity, I got the chance to speak to the publishers so I could publish my own book. When I got told that I was more likely to do so, I had happiness going through my veins and that was all thanks to the Peer Support Group.

The other thing we do is the Tuesday meeting, every Tuesday a member of the Peer Support Group presents a topic of choice and we all listen, learn and get to ask different questions. It's something that everyone finds very useful especially during this quarantine. Every Thursday we learn stuff that could be useful on a daily basis such as how to handle stress in different scenarios. We also discuss our emotions in our journals. I love doing this as it helps me to monitor my moods and sort my feelings out.

In general, the Peer Support Group was one of the things that I have truly enjoyed and will definitely keep enjoying. Everyone supports each other no matter what, we have the chance to improve ourselves thanks to Grace and Heather and it makes the quarantine more enjoyable and less stressful.