



# WEEKLY DIGEST N°7

JCS Training Program  
Peer Relationship

In this Unit we will be discussing Peer support principles, advantages and objectives. We will learn that a peer relationship is based on a mutual exchange and aims to empower the peer instead of solving his problems.

Peer support is a crucial tool for assisting people in transitioning to more safe patterns of behavior, allowing them to cope more effectively with distress and emotional difficulties. One of the pillars of peer support is building a meaningful relationship.



People living in socially marginalized conditions are often victims of social stigma. Talking to someone who have lived through similar difficulties can help them feel more comfortable when sharing their life stories and open up about the struggles they are facing during the recovery.

If you want to read a direct testimony on becoming a Peer mentor check this link:

[Why I became a Peer Mentor](#)

## In this chapter you will learn how to:

- Use personal experience of recovery as a tool
- Present recovery information
- Provide information about mental health and substance use resources and services
- Identify and support a client in crisis
- Facilitate self-direction and goal setting
- Create an environment of respect with peers
- Encourage peers to construct their own recovery and wellness plans
- Communicate effectively with other service providers



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