

## What is Peer Support Whole Health?

Peer Support Whole Health is a person-centered planning process that looks comprehensively at a person's health life style. It is strength based and focuses on a person's strengths, interests and natural supports. These groups stress the importance and the know-how of creating healthy life-style habits and disciplines.

Workshops incorporate natural peer support within a group setting and are facilitated by Certified Peer Specialists who have received training in the Georgia Peer Support Whole Health and Resiliency model.



Recovery Partnership provides both community based and site based services within our Peer Services program. We also offer 24 hour access to CPS services within a residential setting in Hellertown, PA.

Individuals receiving peer support services have the ability to gain knowledge and skills that will aid in their recovery, as well as realize a sense of hope and inspiration with someone they can relate to and identify with. Recovery Partnership believes that recovery is possible and is an individual and unique process. We believe that a community focus is an integral part of recovery where individuals are encouraged to flourish within the community of their choice with access to available supports and resources.

## RECOVERY PARTNERSHIP

**For information on upcoming workshops, please contact:**

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## RECOVERY PARTNERSHIP

### PEER SUPPORT WHOLE HEALTH

#### 10—Week Workshop

*For individuals who want to increase their Natural Supports and Create a Healthy Life Style through Self-Directed Whole Health Living*

*All Groups Facilitated by Certified Peer Specialist*



Communication,  
Hope and Respect

# PEER SUPPORT WHOLE HEALTH

INTRODUCES...



## Healthy Ways to Take Care of Yourself



**What Do You Want to Do  
With The Rest of Your Life?**



**Create Attainable Goals &  
Build Lasting Changes to  
your Physical and Mental  
Health**

## Weekly Whole Health Relaxation

What happens to all of that energy that you're not burning off by either fleeing or fighting in the face of danger? Much of it is held in the hormone called cortisol, which deposits fat deep in the abdomen known as "belly fat". Mounting research shows that belly fat linked to stress can be dangerous and is associated with increased risk for heart disease, diabetes, some forms of cancer. It also affects liver function and weakens the immune system. In this workshop, we will learn the "Relaxation Response". Practiced regularly, you can improve your health!

## Weekly Whole Health Goal Setting

Learn to set goals using the IMPACT method. What do you want to achieve? What do you want to create in your life? Set goals that are specific. Perhaps, you want to start bicycling? Do you feel confident enough to get your goal accomplished? You can learn to set realistic, achievable goals with the support found within our groups. Participants will be encouraged to keep a Personal Whole Health Journal to record their progress.

## Weekly Whole Health Action Plan Review

Setting and achieving goals is a way to create a life worth living. We will support you in developing an Action Plan which will define the steps you will take to reach your goal. Learning how to create a weekly action plan is important to your success. Each week, participants will discuss progress towards goals, receive feedback from the group and identify next steps towards reaching their goal. We will talk about confidence levels and specifically what will help increase your confidence and your ability to take that "next step" toward your Whole Health Goal.

# Hope & Success!

