



Peer Support Space is where chosen family heals together. We build, and are a central hub for, diverse, peer-led recovery communities. We are destigmatizing mental health and filling gaps in Central Florida's mental health system by providing peer services, services led by a trained individual with lived experience. We focus on communities with the least resources and highest rates of mental health challenges.

Learn more or donate at: PeersupportSpace.org

- ❖ **Our Community Gatherings:** Our Community Gatherings offer an additional, complementary option to an individual's wellness choices where individuals can come together and build hope and support with others experiencing similar struggles in a non-judgemental, uplifting environment where vulnerability is honored.

	For who?	When?	Where?
Be Kind to Your Mind	Anyone	2nd Tues from 6:30-8:30PM	711 Seminole Ave. Orlando, FL
		1st Tues from 7-8:30 <i>Begins feb 2020</i>	880 Martin Luther King Jr Blvd, Kissimmee, FL 34741
Each attendee takes about 10 minutes (if we want to) to vent. Afterwards, you can decide if you want feedback, advice, or if you just wanted to vent. Light snacks and fuzzy blankets encouraged! We end with a group meditation.			
Butterfly Talks	Transgender/GNC individuals and queer women	1st & 3rd Wed from 6:30-8PM	507 E. Michigan St. Orlando, FL
A safe place to build friendships and a sense of community among questioning, lesbian, multiple-gender loving, queer women and all transgender individuals. Social gatherings are occasionally organized in addition to general meetings.			
Diversability	Those with Chronic Physical Conditions	3rd Tues from 6:30PM-8PM	3001 Aloma Ave, Winter Park, FL. Room 106
A safe space to build support and friendship for anyone with a chronic physical condition, a mobility impairment, or that is differently abled.			
Gender Queer	GNC, Enby, & Gender-diverse folk	3rd Monday from 7PM-8PM	946 N. Mills Ave., Orlando, FL
A gathering to build support and friendships with other individuals who identify as gender queer. Additional socials.			
Inhala, Exhala	Anyone	3rd Saturday from 11AM-12PM	880 Martin Luther King Jr Blvd, Kissimmee, FL 34741
Hosted by QLatinx. A free all-level yoga class, taught in both Spanish and English, with elements of mental wellness brought into practice.			
Lotus	LGBTQ+ Asians	2nd Fri from 6:30-8PM	946 N. Mills Ave., Orlando, FL
A social support group for the Asian LGBTQ+ community to share experiences and support each other.			
Peer-Led Autism Group	All Autistic Adults	1st Thurs from 6:30-8:30P	220 W Horatio Ave, Maitland FL Room 10
A social support group for all Autistic adults to share experiences and support each other.			
Self-Love Club	Anyone	1st Thurs from 6-7:30PM	644 W Princeton St, Orlando, FL
A safe, non-judgmental environment for all bodies and all genders to explore positive relationships with their bodies.			
Take Care of YOU!	Healing Professionals	4th Sat from 1:30-3PM	711 Seminole Ave. Orlando, FL

A group for healing professionals (in the nonprofit and for profit sectors alike) to “take off their work caps” and support one another in order to build support systems and combat burnout with others in similar shoes.			
Together We Create	Anyone	Find next event at peersupportspace.org/together-we-create	
Free, family-friendly, guided art night featuring artists that heal through art sharing their craft with community members of all experience levels. All materials provided. Must register to participate.			
Unblocked <i>Begins March 2020</i>	Anyone	3rd Thursdays from 6:30-8:30PM	316 E. Marks St, Orlando FL, 32803
A nonjudgmental gathering for writers of all levels to practice self care and share tips, support, and stories with other creative writers.			
Veterans Group	Veterans	Coming soon, contact danielle@peersupportspace.org to be notified of further details.	
A gathering of veterans meeting monthly to partake in various socials with the aim of building a support system with others with shared lived experience.			
YALP	Young Adults Living with HIV+	For more information, please visit bit.ly/YALPorlando	
Young Adults Living Positively (YALP) is a brave and safe space to build friendships and a sense of community among young people (18-30) of color (self-defined) living with HIV in Central Florida.			
Women Aging Together	Women that are 50+	2nd Thurs from 6-7PM	18401 11th Ave., Bithlo, FL
A gathering of women who are 50+, supporting each other over some coffee and tea.			

We are constantly adding and adjusting groups, please check Facebook or website for most recent information.

- ❖ **Central Florida Peer Network:** Supporting peer professionals across all organizations- we host peer support roundtables, training, and offer professional development resources for current and aspiring Certified Recovery Peer Specialists. This allows a previously segmented community an opportunity to share resources, combat compassion burnout, and to use our collective voices to advocate for the peer recovery movement.
- ❖ **Events:** Our panels, workshops and other events are set up to fight the stigma that stops individuals from seeking help while focusing on expanding knowledge of wellness options and overcoming unique challenges and forms of stigma within historically marginalized populations.
- ❖ **Peer-Led Drop-In:** Open 11AM-4PM, Monday-Friday at 880 Martin Luther King Jr Blvd, Kissimmee, FL 34741. A non-clinical, safe space for those experiencing mental health struggles to get away and just hangout, meet one-to-one with a peer specialist, find mental health resources, expand their chosen family, join in wellness activities, build job skills, enjoy a community garden, learn life skills and more.
- ❖ **Peer-Led Respite:** *Opening Soon.* A pre-crisis center where an individual can stay overnight in a home-like, non-clinical environment when they are not doing well, before reaching crisis. Here they create an individualized recovery plan with the guidance of Peer Specialists who have " been through it" before.

For questions, please email Dani at danielle@peersupportspace.org

