What is Peer Support:

- Acceptance
- Respect
- Listening
- Teamwork
- Friendship
- Helping each other
- Opportunity
- Responsibility
- Self-Advocacy
- Leadership
- Encouraging Independence

Peer Support is a DDS funded program facilitated by The Arc designed to support people with disabilities interested in having more choice, control and responsibility over their lives. It is provided through one-to-one and small group opportunities.

There is a certain power created when people of similar life experiences come together around shared issues and are able to support each other.

This program includes a Peer Support Advisory Committee where members are paid to provide guidance in amplifying the voice of people with disabilities.

This committee works closely with The Arc’s Peer Support Manager Barbara Pandolfi, Peer Support Mentor Sandra Jones and Peer Support Consultant Donna Jay to give recommendations, feedback and direction to the program as well as The Arc.

Possibilities through Peer Support:

- Paid Internships
- Education and mentorship on leadership, self-advocacy & getting involved in your community.
- Annual Celebration every June

Peer Support Meetings

When: Every other Tuesday

6:30-8pm

Where: Holy Family Hospital at Merrimack Valley,

140 Lincoln Ave, Haverhill
**Mission Statement**

“To Advocate, Educate, and Explore Opportunities for Personal Growth and Fulfillment”

**History**

The Arc of Greater Haverhill-Newburyport is a grassroots 501(c)(3) nonprofit founded in 1962 to advocate with and for individuals with intellectual and developmental disabilities and their families throughout the Merrimack Valley and Seacoast Communities.

**Contact Info**

For more information contact
Barbara Pandolfi or Sandy Jones
978-373-0552 x206
Or Barbara.Pandolfi@thearcofghn.org

“Attitude Changes Everything”

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**Peer Support**

**Merrimack Valley Peer Support**

Do you:
- Want to Make a Personal Change
- Feel Alone
- Think No One Listens

Peer Support CAN help you!