



### ***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**

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**“Attitude Changes Everything”**

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**The Arc**  
Greater Haverhill–Newburyport



*Do you:*

- *Want to Make a Personal Change*
- *Feel Alone*
- *Think No One Listens*

**Peer Support CAN help you!**

**Achieve with us.**