

WHAT IS PEER SUPPORT?

A Peer Specialist a Veteran with a lived experience recovering from Mental Illness, Trauma and/or Substance use challenges.

Peers help Veterans successfully engage in their own Recovery by sharing experiences, encouragement, and instilling a sense of HOPE and skill building to promote recovery.

WHAT ARE PEER SUPPORT SERVICES?

These are programs, discussions, events, groups, and similar activities within mental health and primary care that are led by Veterans in recovery.

WHAT IS THE PURPOSE OF A PEER SUPPORT PROGRAM?

Peer Specialists serve as role models to Veterans by sharing their personal recovery experiences while they teach and demonstrate skills that facilitate recovery. They assist Veterans with goal setting, problem solving, and symptom management using a variety of recovery tools.

HOW TO CONNECT WITH PEER SUPPORT?

A Veteran can contact their primary care provider or mental health provider to request Peer Support services.

CONTACT

Ann Boehlefeld, CPSS
Madison

Mobile: 608-509-1431

Secure Message:
MAD Women's Health Care
Coordination_WMS

Subject Line:
Women's Peer Support

WOMEN'S HEALTH PEER SUPPORT



**Veterans
Crisis Line**
1-800-273-8255 PRESS 1

For veterans, active military
and their families

Text to
838255

Confidential Chat at
www.veteranscrisisline.net

COFFEE SOCIALS

BARABOO, WI - TIN ROOF DAIRY & SPIRIT LAKE COFFEE ROASTERS
119 3rd St
First Wednesday of the month @ 1330

JANESVILLE, WI - THE BODACIOUS BREW
119 N Main St
Second Tuesday of the month @ 1000

BEAVER DAM, WI - HIGHER GROUNDS COFFEE SHOP
N7156 E Plaza Dr
Third Monday of the month @ 1330

FREEPORT, IL - AMIGOS
306 Galena Ave
Fourth Thursday of the month @ 1500

ROCKFORD, IL - VELVET ROBOT COFFEE
116 N Madison St
Every Tuesday @ 1430

MADISON, WI - CRESCENDO EXPRESSO BAR
Hilldale Shopping Center
719 Hilldale Way
Every Friday @ 0900

STRENGTH & RECOVERY

An after-hours phone group for women Veteran's to connect with other women Veterans.

Tuesday nights at 1730
Starting 01 November 2022

WOMEN'S TEA TIME

A video-based group for women Veteran's to connect with other women Veterans and grow together

Next six week session starts 26 May 2022 @ 1300

ROCKFORD, IL - WOMEN'S WALKING GROUP

Group will meet by the Riverwalk at the Rock River Valley YMCA. Group is weather dependent and will not meet if inclement weather occurs.

Tuesdays @ 1600
Starting 05 April 2022

WOMEN VETERAN YARNS & KNITTING IN NATURE

Crochet and knit hats for other Veterans. Learn a new skill or share your skills, increase proficiency, meet new people and share a yarn or two.

Fridays at the Henry Vilas Zoo in May & June @ 1400

WOMEN VETERANS COMMUNITY WRITERS

SEQUOYA LIBRARY
4340 Tokay Blvd; Madison, WI

This is a Women's Health Group open to all female Veterans in the community.

2nd & 4th Monday's of the month from 1000 to 1200