

A woman with dark hair in braids, wearing a black lace top and a colorful patterned skirt, is pointing at a laptop screen. A man with glasses and a beard, wearing a blue shirt, is looking at the screen with his hand to his chin. In the background, another person is sitting at a desk with a laptop in a bright office environment.

Mentor/Mentee Canada and Peer House Toronto

A Template for Lived Experience Leadership

Lived Experience

- Passion as a Changemaker.
- Creative and innovative to solve a problem, fill a gap.
- Not given opportunity to lead. Instead, a Disruptor.
- Influencer. Consultant.





Obstacles ?

Peer Support Training & Leadership
Skills to overcome obstacles.

Mentor/Mentee Canada

- Get your Mentor/Become a Mentor.
- Get your Organizational Template.

MentorMenteeCanada.com



Mentor/Mentee Canada Support

- to train to become a Peer Supporter.
- to create a network in your community.
- to become a Peer Leader in your community.
- to bring Mentor/Mentee Canada across Canada and grow the Peer Movement.

Growing Peer Leadership in the Peer Movement

1. Activists - using voice and story
2. Mobilizers - Covid-19 Peer champions/mutual aid.
3. Peer Career pathways
4. Academic pathways
5. Developmental Opportunities through Organizations: Advisories, Focus Groups, Co-Facilitators, Committees, Researchers, Board of Directors, Program Coordinators...



Training and Valuable Step Employment opportunities

- Built-in Developmental Opportunities to re-build.
- Organizations with high level Community leadership.

Training Peer Support Recovery-based Employment Essentials





10+ Panel Discussions



A Journey of
Collaboration



Panel I - Peer Support Models: Training & Value for Recovery

PeerWorks



CENTRAL NEIGHBOURHOOD HOUSE
NEIGHBOURHOOD LINK
ST. STEPHEN'S COMMUNITY HOUSE



JohnHoward
SOCIETY OF TORONTO

 **Elizabeth Fry**
toronto


SHARING THE BURDEN
It's not only drugs and alcohol that can steal your life

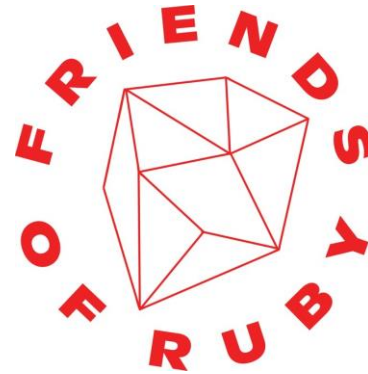

STELLA'S PLACE Young Adult
Mental Health

Panel II – Peer Recovery and
Prevention out of Incarceration
and Human Trafficking

Panel III – Peer Youth Leaders in Mental Health



LOFT



lumenus

Mental Health, Developmental & Community Services
Infants | Children | Youth | Individuals | Families



Young Adult
Mental Health

Panel IV –
Mental Health
Wellness
including WRAP
for Urban Shelter
Systems Change



**Covenant
House**
Toronto

camh
mental health is health

Krasmancentre



Panel V -
Women, Girls
and LGBTQI2S
out of
Violence and
into
Empowerment

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Embedding Peer Support Into Our Future



Elizabeth Tremblay

Elizabeth Tremblay is the founder of Mentor/Mentee Canada, is a Peer Support Employment and Leadership Trainer, Peer Researcher, and Outreach and Housing Peer Supporter. Elizabeth is a contract employee at the Centre for Addiction and Mental Health, is an Elizabeth Fry Toronto Peer Support Trainer and the proud recipient of the Dr. Paul Garfinkel Entrepreneur of the Year Award.

Susana Meza



Susana Meza is a Venezuelan artist and facilitator. Susana teaches visual arts as part of the Workman Arts Art-Cart Program at CAMH. Susana provides peer support and is an active listener for fellow Workman Arts members. They are also a Newcomer Artist Ambassador for MABELL Arts. As of this Summer,



WE Webinar: The Importance of Lived Experience as Expertise & The Power of Peer Support

Featuring: Donna Forget, Elizabeth Tremblay, Riffa Carter,

Krystal Snider, and Susana Meza

November 9th from 11:00AM - 12:30PM Eastern Time

Riffa Carter



Riffa Carter is a Peer Counselor and a Co-chair of the Kingston Anti-Violence Advisory Council (KAVAC), the Kingston chapter of WomenatthecentrE. She is currently studying Indigenous Social Work at Laurentian University. Riffa has been supporting and advocating for survivors of gendered violence for over a decade. Using her own lived experience, as well as those of the

Donna Forget



Donna Forget has been a Program Manager with Nipissing First Nation since founding the True Self / Debwewendizwin Program in 2006. She was instrumental in the design and delivery of a program that would meet the needs of women that had experienced trauma, to help them on their healing journey and to achieve economic independence. As a survivor of trauma from domestic and sexual violence Donna's insight merging an Indigenous world view, Healing Centered Engagement and Peer Support Values has led to the



STRIKE  **UP** 20
21



Congratulations!

Winners of the
Rotman Family Entrepreneurship Awards



META:PHI Conference Video Awareness Campaign



VII - A Collaborative Strategy for true homelessness recovery.



VIII - The Intersection of Housing and Healthcare.

IX -PEER HOUSE: Leadership from the U.S.A.



X -PEER HOUSE II: Leadership from the U.S.A.



Peer House Toronto

- A collaborative Peer Resource hub for Peers to find what they are looking for.
- Growing a connected Peer Support community.

PeerHouse.ca

[Click here for DEFINITIONS of PEER and PEER SUPPORT. Why claim the word PEER ?](#)

PEER HOUSE is Our House.

Lived Expertise.

Support, Learning and Leadership.

LEADERS CIRCLE: October 14th at 3:00 p.m. for emerging Peer Program Leaders in Toronto to meet with Ontario Peer Mentors. Please contact Info@PeerHouse.ca to join.

Recommended by Lived Experienced People

PEER HOUSE TORONTO

RECOVERY AND EMPLOYMENT TRAINING

PEER RESOURCES

PEER PROGRAMS

PEER LEADERSHIP

EVENTS

What are you looking for? *Peer Supporters Can Help.*

This is a place to get involved in the growing Peer Support Community. SCROLL DOWN and CLICK ON the navigation headings at the top to find the best Peer Support Services, Programs, and Groups for Recovery, Re-building, Employment, and Belonging.

Recommended by Lived Experience People for Lived Experience People

Add Advisor to your Resume



Lived Experience
Community Forums

Peers contact:
Info@PeerHouse.ca to
attend and receive a
complimentary Peer
Support Training to
thank you.

Share your Art, Creativity and Talents in the Peer Marketplace



Leaders Circle at PeerHouse.ca

PEER HOUSE TORONTO

I WANT TRAINING AND EMPLOYMENT

I WANT RESOURCES

I WANT TO JOIN A PEER SUPPORT GROUP

PEER LEADERSHIP

EVENTS

Leaders Circle

The Leaders Circle is for Toronto Peer Organizations to connect, and meet with visiting Peer Organization Mentors from around Ontario. Let's grow a strong, connected Peer Work community in Toronto! Leadership, Peer Supervisors, Peer Coordinators and Peer Leaders please join us on Friday, November 11th, 3:00 - 4:00 p.m.

For a strong, connected Toronto Peer Network. Peer Supporters Join our Google Group to grow best practices in a supportive community.

An aerial photograph of a city skyline, likely Toronto, featuring a mix of modern glass skyscrapers and older brick buildings. A semi-transparent, light purple rectangular box is centered over the middle of the image, containing white text. The text is arranged in three lines: a large bold title, a subtitle, and an email address.

Join the Toronto Peer Network

Our Google Group to Connect us as Peer Supporters

info@PeerHouse.ca

Investment or Funding ?

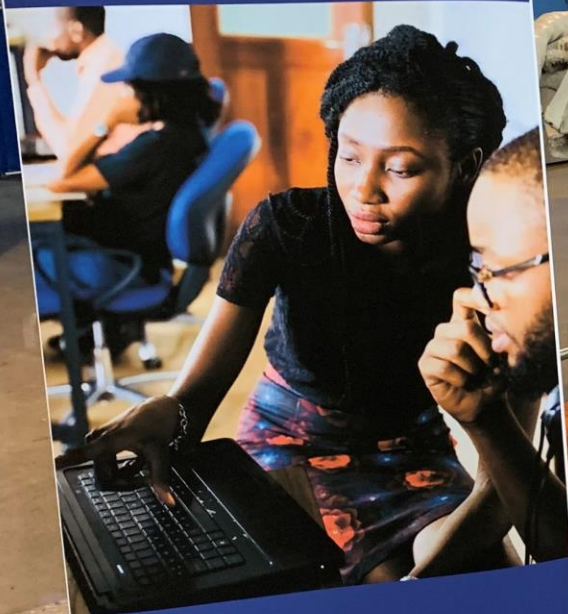


Peer Support Leadership Projects

- The Pipeline Project
- Supportive Housing Tenant Peer Connectors
- The MARCO Study
- VAW Implementing Peer Support at the Staff Level
- International Peer Leader Group



Mentor/Mentee Canada
GET YOUR MENTOR



Join the Peer Movement!
Employment and Leadership
Peer Support Training



Publish your Art, Writing and
Creativity in our Marketplace

Peer House Toronto
This is Our House.

Peer Support



PeerHouse.ca



Wellness, Housing, Financial
PEER SUPPORT

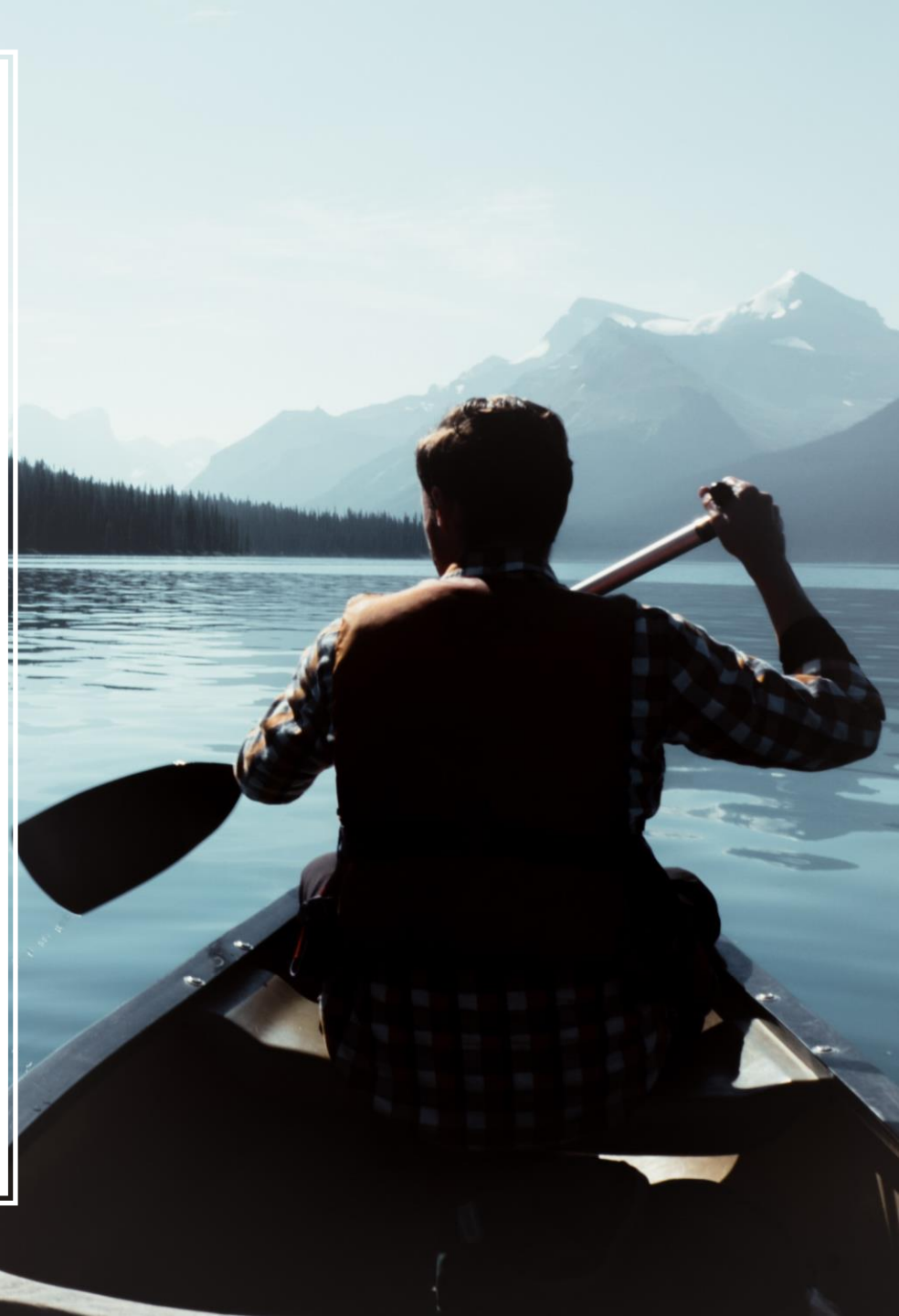
EMPLOYMENT
EDUCATION
&
LEISURE

What are you looking for?
Peer Supporters Can Help.



Peer Support Sector expansion

- Mental Health Peer Support Leaders.
- Peer Support in Universities.
- Peer Coaches trained in Peer Support in Human Resources for Employee mental health & Workplace culture change.





Barriers to Peer Leadership

Co-optation

Work belongs to the organization
(feels tokenistic)

Self-stigma in shared power
dynamics

Academic voice vs. educated by
society voice

Being without decision making
power – a barrier to making change.

Problem:
Covid-19 - A
missed
opportunity for
Peer Support
Employment

Problem:

*Not enough Peer Support
Employment (equitable, valued)
especially out of law involvement
where the barriers are stacked up
that much higher in Community;
and for the complex homeless with
barriers to 'the right' housing.*



Solution: Peer
Leadership Skills

Learning Leadership Practices

Story

Relationships

Structure

= Building Power

Strategy

Tactics

Action

= Using Power

Tactics in the Peer Movement

Tactics, or actions, are activities used to create change. An effective tactic is when 3 things overlap:

1. Strategic.
2. Strengthens your goal.
3. Develops individuals.



Theory of Change

- *If we all clearly promote Peer Support then Living Experience, Doctors and Housing Providers will know where to find us because Peer Support saves lives.*

Me to We

- Building relationships, working together and pursuing goals.
- Speak loudly about your LE potential. Promote your accomplishments. Overcome obstacles.
- Set goals and objectives far and wide.



Networking

- Emboldened Leadership
- Think Big
- Grow Relationships
- Nurture Relationships to grow opportunities
- Align with Peer Champions



Empowerment

- In empowerment, we engage in breaking through the limits of our past, owning our power, and being effective. Each one of us is at a turning point.
- 2022 has been the year of collaboration. There's been a breakthrough for Lived Experience in Covid-19.

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Poised for Leadership

- Peer Support is poised for greatness.
- Persuade. Organize.
- By building leadership with (potential) leaders who can engage with others.
- Distributed leadership - power in our numbers.
- Continued lifelong learning.



Commitment

Accelerates what
is possible.

- Enlist Allies
- Look for Mentors
- Keep Boundaries to be able to work on your goals

TOGETHER WE HAVE FORCE.
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Leadership through Visibility

- We are entrepreneurial. Be Influencers.
- Promote Peer Support.
- Advertise our leadership in Recovery. Show our faces of recovery.
- Start a Peer Resource Hub.
- Present our Evidence to decision makers and policy changers at conferences.
- Join us in the Peer Movement.



Breakthrough Actions

- Foundational Peer Support Training.
- Take the Mentor/Mentee Canada and Peer House Toronto template and make them your own.
- Talk to your Organization about starting a Peer Support Program.
- Get in touch with your MPP to say we need more Peer Support Employment.
- Organizations: Create strategic partnerships with LE. Put in Community Engagement and Involvement into your funding applications – it creates Employment.

Transformational Leadership

- *Leading through inspiration, transforming people's attitudes and beliefs, and aligning people with meaning and purpose for higher levels of Community engagement.*
- *This is OUR work of ending homelessness.*



Let's Grow Peer Leadership

- *LEt's Lead (Peer House Toronto Leadership online Let's Lead international recording link)*
- *Please consider publishing a blog the importance of engaging LE on your website.*
- *Hope to see you at a Community Forum or Leaders Circle at Peer House Toronto!*

MentorMenteeCanada.com

PeerHouse.ca

[@PeerEmployment](https://twitter.com/PeerEmployment)

Elizabeth@MentorMenteeCanada.com