

Call or stop by today to speak to a peer, find out about programs, make an appointment for a one-on-one peer support session, use our computer lab, or obtain information on our groups.

### WARM-LINE: 301-620-0555

For anyone who is struggling or needs a listening ear. <u>WARM-LINE HOURS</u> Mon - Fri 9:00am - 4:00pm Sat - Sun 10:00am - 10:00pm

## **OFFICE HOURS**

Monday | Thursday | Friday Tuesday | Wednesday Sunday 9:00am - 4:00pm 9:00am - 8:00pm 1:00pm - 4:00pm

Visit our website to view the monthly calendar to learn more about our programs!



ON OUR OWN of Frederick County 121 South Market Street Frederick, Maryland 21701 (240) 629-8015 support@onourownfrederick.org www.onourownfrederick.org











A free drop in wellness and recovery center located in downtown Frederick, Maryland.

Lived experience peer support since 1997 to adults with mental health challenges and/or substance use disorders. Encouraging and supporting their recovery choices.



Services rooted in Substance Abuse and Mental Health Services Administration's (SAMHSA) Eight Dimensions of Wellness.

## PEER SUPPORT GROUPS

### IN PERSON OR VIRTUAL

Monday - Friday:

• 1:00pm

**Tuesday & Wednesday:** 

• 6:30pm (In person only)

Sunday: • 2:30pm





### 620 895 0648 PW 1357 FREE PROGRAMS

- Peer Support: One-on-one and Group Settings
- Community Resource Navigation
- Meditation, Reiki, Journaling
- Expungement Workshops
- Financial Literacy
- Computer Lab
- YMCA (limited)
- Guided Art
- Connection to Rehab Services
- Haircuts (every other Sunday)
- Clean & Clear Laundry
- RUN Program (providing transportation)
- 2x Monthly 'Sober Socials'
  - √ Hiking
  - √ Golfing
  - √ Movies
  - √ Tubing AND SO MUCH MORE!





**CPRS ONE-STOP** SHOP providing ALL requirements to become an MABPCB **Certified Peer Recovery Specialist** 



Behavioral Health Workers

## WORKFORCE DEVELOPMENT **Certified Peer Recovery Specialist**

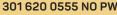
We offer:

- MABPCB Accredited Training Bundles
- 46 Hours/CEU's Online
- 500 Peer Volunteer Hours
- 25 Hours of Supervision
- Exam Preparation

# FREE RPS **Supervision Requirement**

**IN PERSON OR VIRTUAL** Mon & Thu at 3:00pm







WORKFORCE DEVELOPMENT **CERTIFIED PEER RECOVERY SPECIALIST TRAINING PROGRAM** 



On Our Own serves as a one-stop shop for all requirements to become a Certified Peer Recovery Specialist.



For more information visit www.onourownfrederick.org training@onourownfrederick.org 121 S. Market Street Frederick, MD 21701 240-629-8015



# WORKFORCE DEVELOPMENT CERTIFIED PEER RECOVERY SPECIALIST

On Our Own offers comprehensive training bundles that fulfill all MABPCB Accredited requirements to become a Certified Peer **Recovery Specialist.** 

#### Training Courses - 46 CEU's Online

- 16 hrs Ethical Responsibility
- 10 hrs Mentoring/Education

10 hrs Advocacu

10 hrs Recovery/Wellness

### Volunteer Experience - 500 Hours

A volunteer Peer Support position working for OOOFC, designed to help you get the hands-on experience required for certification.

### **RPS Supervision - 25 Hours**

5 hrs Mentoring/Education

One-on-One meeting and/or group supervision with an RPS who will guide you through the process and help you understand what is required as well as how to meet those requirements.

- 5 hrs Advocacy
  5 hrs Ethical Responsibility
- 5 hrs Recovery/Wellness
- 5 hrs General Supervision

### FREE RPS

(Supervision Requirement) IN PERSON OR VIRTUAL Mon & Thu at 3:00pm

