

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**

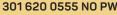
We offer:

- 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

