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| **Name of Service, Location and phone number(s)** | **Peer/Self-Help Initiative**  36 Page Street, St.Catharines, Ontario L2R 4A7  Phone: 905-732-4498  Fax: 905-732-5012  Email: consumer.survivor@bellnet.ca  Website: www.initiativeniagara.ca |
| **Services Offered** | * Peer support groups for depression, anxiety and anger management |
| **Inclusionary/ Exclusionary Criteria** | * 16 years and up * Those who have experienced the mental health system |
| **Treatment Details** | Consumer/survivor driven organization motivated by the belief that self-help can improve peoples potential, increase their self-esteem and inspire them to self-advocacy. The self-helop groups believe in the value of the sharing of personal experience with other group members. |
| **Philosophy of treatment** | Self-help, peer support, shared experience |
| **Cost/ Payment Options** | none |
| **Referral Process** | Call and complete intake |
| **Hours of Operation** | Please call for groups and times. |
| **Staff Compliment** | n/a |
| **Any other special considerations?** | n/a |
| **Wheelchair Accessible?** | Yes |
| **Close to Bus Route/ Public Transportation?** | Yes- Buses:  307, 308, 311, 337, 408, 437 |
| **Languages spoken** | English |

*(Please note this document was created September 2018. Program information may change.*

*Please contact agency to receive latest information regarding their services.)*