Loneliness is curable . . . friendship is powerful medicine.

The Compeer program offers the opportunity to change a lonely life. The dictionary definition of Compeer is below. Compeer recognizes that mental health diagnoses can be the "loneliest illness" and believes that volunteers can provide the comfort and motivation needed to help people in mental health recovery lead happier, more productive lives.

Being a Compeer is as simple as going for a walk, having a conversation, going to a movie or picking up the phone.

Spending time, listening, caring, sharing life experiences with a person dealing with mental health diagnoses can...

- Decrease the sense of loneliness and isolation
- Improve recovery
- Increaser self-esteem
- Encourage involvement in the community
- Make a real difference in their life.

com•peer

(kompîr) n.

A person of equal status, a companion, equal, or friend.

Funds provided by the Delaware County Department of Human Services Office of Mental Health. Additional funds come from tax-deductible donations and grants.

Compeer

Mental Wellness Starts With Friendship

Contact your local Compeer program to explore opportunities to make a positive difference in someone's life.

BECOME A FRIEND TODAY!

Compeer of Suburban Philadelphia
450 PARKWAY DR. SUITE **300**
BROOMALL, PA 19008
P: 610-541-0790
F: 610-541-0792
www.compeerfriends.org

Compeer and CompeerCORPS are programs of Voice and Vision, Inc.
www.voiceandvisioninc.org

VOICE&VISION
Find your voice...Live your vision





Changing a Life

is as easy as

being a Friend

Compeer

Mental Wellness Starts With Friendship

WHAT IS COMPEER

In 1977, Compeer was established in New York with a mission to foster supportive relationships between volunteers and individuals facing mental health challenges. This initiative has since expanded across the United States and internationally, showcasing numerous inspiring narratives of personal growth resulting from these connections

Compeer's core objective is to pair compassionate adults in one-on-one supportive relationships with individuals of the same gender who are navigating mental health recovery. Compeer volunteers take action, using their qualities, skills, and talents to make a difference in the life of another. Just a few hours of volunteer time each month can have an influence that lasts a lifetime.

Compeer offers extensive training, facilitates the matching process, and provides continuous support throughout the duration of the friendship. .Compeer is a fabulous volunteer opportunity which is recognized as a best practice in mental health recovery.

Making Friends—
Changing Lives

Consider volunteering today.

BEING A COMPEER VOLUNTEER IS EASY

Compeer volunteers are people from all walks of life, nationalities, various values, urban and suburban neighborhoods. Compeer volunteers find an opportunity for personal growth and satisfaction by helping others. Compeer volunteers increase social and communication skills, and encourage independence for their Compeer friends. Being a Compeer volunteer is rewarding and fits into your current lifestyle because you choose the hours just as you would with any friendship.

Become a Compeer volunteer by contacting your local Compeer program.

Compeer programs are all about making friends and changing lives. Consider this fact: friendship is powerful medicine! Join today to participate in a very rewarding experience.

Friends—Can you imagine life without them?



BECOME A VOLUNTEER

Step One: Join

Contact your local Compeer Program to complete a volunteer application. Attend a training session and discuss the benefits of friendship.

Step Two: Match

Volunteers and friends are matched based on mutual preferences, same gender, similar age, location and shared interests.

Step Three: Meet

Along with Compeer staff, be introduced to your Compeer friend. One-to-one friendships improve commitment and develop a lasting trust.

Step Four: Enjoy!

Spend time with your Compeer friend. Arrange regular meetings, attend local events and activities. Get to know each other. Become friends!

"My Compeer friend is always there for me."