

Growing People & Communities



**Building
Community**



**Restoring
Relationships**



**Volunteer
Opportunities**



**Continuing
Education**

Contact Us

Hours of Operation

Monday-Friday
9:00am-11:30am &
1:00pm-4:00pm

Or schedule an
appointment.

*Some services provided by
appointment only.*



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www.OnOurWayHome.org



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Peer Wellness Center

About Us

We are a non-profit Peer Run Organization (PRO) that promotes Public Awareness and Education, Personal Empowerment, and Peer-based and other recovery support services and activities in rural Southwest Ohio.



We provide a SAFE SPACE that improves the quality of support available to people seeking recovery from mental health and/or substance use disorders-- fostering the 8 dimensions of wellness and a sense of connectedness for people in our community.

Recovery is a road walked together...never alone.

Peer Support Services

Peer Recovery Supporters assist, link and engage people to enhance their recovery. Embracing the individual, with accountability to the community, or within a group, we encourage healthy communication skills and personal empowerment to grow in wellness.

Typical activities include: health insurance enrollment; educational and employment opportunities; re-entry to the community; building constructive family and other personal relationships; assistance navigating criminal justice systems to reinstate drivers' license and remove protection orders; stress management assistance; assistance in housing; alcohol- and drug-free social and recreational activities; recovery coaching or mentoring, access to primary, dental and mental health care, and transportation support for wellness activities.

We can help with all eight dimensions of the Wellness Wheel, which are inter-connected to achieve balance and personal well-being.

- **Occupational:** Career, certifications, work ethic, school, training, interests, & abilities
- **Spiritual:** Values, intuition, character, ethics, tradition, enthusiasm, & spiritual fulfillment
- **Physical:** Recreation, nutrition, sleep, relaxation, energy level, fitness, & preventative maintenance
- **Emotional:** Personality, stress management, self-efficacy, love, joy, & hardiness
- **Environmental:** Community service, world and political awareness, natural resource management, recycling, & food choices
- **Social:** Relationships, culture, organizations, family, friends, clubs, parties, & communication
- **Intellectual:** Time management, study skills, goal setting, memory, test preparation, & GED
- **Financial:** Expense tracking, financial knowledge and planning, & gaining basic needs

