

# Peer Support Groups in KFLA



*Find one of our Peer Support Groups in a neighbourhood near you!*

Our peer support groups are led by our trained staff, with lived experience, in a safe and welcoming environment.

Let us be part of your journey towards wellness and recovery, come experience a non-clinical and inclusive support.

Explore our groups below!



## Peer-to-Peer Support Group, Kingston, Ontario

A Confidential Support Group for those reaching towards recovery & mental wellness.

No referrals or registration required, open to individuals aged 16 and older.

Join us every other Monday from 6pm to 7pm at [60 Queen St., Kingston](#)

Contact Karen Pinto, Community Peer Support Coordinator for more details at:  
[cps@psseo.ca](mailto:cps@psseo.ca) or 613.403.1318.

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## Peer-to-Peer Support Group – Women’s Group at E-Fry, Kingston, Ontario

Explore wellness through art, conversations, and so much more!

We meet every Saturday form 11:30am to 1:30pm

Contact Karen Pinto, Community Peer Support Coordinator for more details at:  
[cps@psseo.ca](mailto:cps@psseo.ca) or 613.403.1318.

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## Peer Support Group – Verona, Ontario

Connect and make new friendships while sharing personal experiences and coping strategies in a supportive, fun friendly group!

No referrals or registration required, open to individuals aged 16 and older.

Join us every other Thursday, from 10:30 to 12:00pm at [6618 38 Hwy, Verona, ON K0H 2W0](#)

Contact Karen Pinto, Community Peer Support Coordinator for more details at:  
[cps@psseo.ca](mailto:cps@psseo.ca) or 613.403.1318.