



Compassionate  
Peer Support and Training LLC  
Creating a compassionate community

# HOPE ● SUPPORT UNDERSTANDING

Supportive peer counseling for adults experiencing emotional distress, mental health and/or substance use challenges from the lived experience perspective.

## *Ready to make a positive change?*

Emotional stress is overwhelming. Many of us are coming out of this lengthy isolation looking for help.



We feel disconnected, off, unsure, and maybe a little frightened. It is okay to ask for help navigating your way back to connection, assurance, and optimism.

Consider talking with a Peer Specialist today. We are compassionate listeners, advisors, and coaches with practical life experience.

**Schedule your appointment today at [compassionatepeers.com](https://compassionatepeers.com) or call Lynelle for more information 262-989-2732**

### *Peer Support*



Drawing on her life experience & training, Lynelle provides discreet, compassionate support for women experiencing emotional distress.

### *Apoyo de Compañeros*

Marycarmen disfruto trabajando con individuos y familias para crear conexiones fuertes y valores que los integren en la comunidad, además de construir mejores relaciones familiares.



### *Life Coach*



Luann seeks to support others on their own mental health recovery journeys and those who are struggling with the chronic health condition of Diabetes.