

8-WEEK INDIVIDUAL PROGRAM DESCRIPTION

Digital Recovery Program (Individual Peer Support)

The Digital Recovery Program is an eight-week peer support program designed to help individuals reflect on their relationship with social media and digital environments.

Participants meet one-on-one with a peer support specialist once per week for approximately eight weeks.

Sessions provide a supportive space to explore experiences related to social media use, comparison culture, identity, and the emotional effects of long-term digital engagement.

The program focuses on conversation, reflection, and practical support informed by lived experience.

Participants may use the program to:

- reflect on their relationship with social media
- process past experiences online
- explore reducing or leaving social media platforms
- rebuild identity and wellbeing outside digital environments

Following completion of the initial eight-week program, participants may request continued support depending on their needs and program availability.

Participation in the program is voluntary and participants may withdraw at any time.