

THE RECOVERY AND RESILIENCY PROJECT

**HAVE YOU BEEN IMPACTED BY HURRICANE MILTON OR HELENE?
COULD YOU BENEFIT FROM NO-COST PEER SUPPORT?**

The Recovery and Resiliency Project, funded through the American Red Cross, offers free peer support for any individual impacted by Hurricanes Milton and Helene. The program is led by a team of individuals who were also impacted, and this enables them to support, advocate for, and empower individuals to meet their mental health and related needs.

The program's goals are to foster community resilience and support individuals and communities in coping with the long-term impacts of the hurricanes, and promote safe and open conversations.



Peer Support Specialists Can:

- Listen to the individuals' needs
- Assist in navigating systems
- Practice a strength-based approach
- Partner with individuals to overcome challenges
- Promote Voice and Choice
- Connect individuals to community resources
- Offer opportunities for skill building to support resiliency and recovery

Finding Our Strengths Together

Trauma-informed workshop to create a community empowerment ecosystem of healing, skill-building, and emotional resilience

Serving Baker, Clay, and Duval counties

Baker County Office Hours:

*Community Resource Hub (FL Dept of Health)
Every other Thursday 10 - 2 - drop-ins welcome
Clay and Duval Counties: by appointment only*

To learn more about workshops or schedule with a peer, please contact:
Aaron McCrocklin - a.mccrocklin@namijax.org - 904-420-0892



The National Alliance on Mental Illness (NAMI) is the nation's largest grassroots mental health organization, led by individuals with the lived experience, known as "peers." Through this network of peers, NAMI can offer the expert perspective of individuals in recovery to inspire hope and empower others on their wellness journey.



**American
Red Cross**

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