

Mental Health Professionals

Everyday but especially during the pandemic, you, our Mental Health Professionals open your hearts and minds to listen to us, to help ease our mental suffering and to help us to heal and to become whole. But, unfortunately, your hard work may have come at a cost: compassion fatigue & exhaustion



Get the Support You Need

BOOK NOW

That's why we are offering **free peer support groups for our Mental Health Professionals**. You'll feel support from your fellow peers and your assigned moderator (who is also a Mental Health Professional).

Thanks to a generous grant from the Ottawa Community Foundation and our sponsor, The Heartwood House, we're able to give back to you, our Mental Health Caregivers, in Ottawa, and the surrounding areas. It's the least we can do for what you always do day after day for each of us.

Times:

Sunday July 25th 2021 at 4:30pm ET
Sunday August 15th 2021 at 4:30pm ET
Sunday September 5th at 4:30pm ET

Moderator: Hailey Goldberg hailey@hrgcounselling.org

Hailey is a Registered Social Worker who is passionate about mental health and working with others to help achieve wellness. She completed her Master's in Social Work (MSW) at the University of Windsor and holds an Honours BA in Psychology from York University.



BOOK NOW

FAQs About Our Free Peer Support Groups

Q: Are your peer support groups really free?

A: Yup! There are ZERO hidden costs to participating in our peer support groups. With that said, at the end of your session, you may be prompted with a “payment option”. But that is simply a suggestion, not a requirement!

The quality of peer support you receive is NOT based on whether or not you give to our organization after your sessions are over. You are more than welcome to participate for FREE as much as you like, we'll be here for you!

Q: Who are the moderators? Do they have actual mental health professional credentials?

A: Absolutely. Our team of moderators includes mental health professionals from a variety of backgrounds. You can read more about our moderators [here](#).

Q: Do I have to use my camera during the peer support groups?

A: NOPE. That's 100% optional!

Q: What if there isn't a good time available for the peer support group I'm interested in?

A: Although we try to ensure there are convenient times for everyone, the peer support group you'd like to participate in might not work with your schedule. If that's the case, just email info@paywhatyoucanpeersupport.com and we'll see what we can do for you!

Q: This seems too good to be true. Why would you give away free mental health services?

A: We understand your skepticism, we do! But it's true! To find out how and why Pay What You Can Peer Support began, take a look at its origin story [here](#).