

ODSP Peer Navigator Program

Registration for our new ODSP Peer Navigator Program has begun!

Contact us now to register for ODSP peer support groups starting in July!

Topics of discussion will include: making connections, peer support, wellness practices, tips for navigating the ODSP system and employment. Groups will take place once a month for 5 months. Light refreshments and TTC tokens will be provided.

For more information, or to register, please email registration@selfhelp.on.ca or call (416) 487-4512.

Please let us know of any accommodations we can provide and we will do our very best to provide them.

All are welcome!

About the program

The ODSP Peer Navigation Program offers peer support groups and one-on-one support to aid in successfully navigating the Ontario Disability Support Program (ODSP) system while we share resources, build social supports, and develop wellness tools. This program is for people applying to get on ODSP or already on ODSP and recognizes how overcoming challenges within the ODSP system develops valuable skills that can empower us in our future opportunities.

For more information on the Self-Help Resource Centre, please visit: selfhelp.on.ca