

Become a Compeer Volunteer

Spending just a few hours a month with someone who needs a friend can make a world of difference.

Our volunteers come from all walks of life, all races, all religions, from all across Niagara County. Compeer provides a fun, flexible opportunity to give back to your community that fits into your current lifestyle.

Becoming a Compeer Volunteer is easy!

Simply complete an application and submit it to the Compeer Niagara Director at the MHA. You can easily access the volunteer application online at www.MHANC.com or you request an application phone: 716.433.3780.

Our wonderful volunteers and mentors become positive role models, help raise self-esteem, increase social and communication skills, and encourage independence for their Compeer friends. Compeer volunteers demonstrate that friendly encouragement and caring support can truly enrich a life.

There are many adult and youth participants waiting for a friend in Niagara County. They might even live in your neighborhood! Find out how easy it is to be a friend, mentor, or advocate.

Visit www.MHANC.com
or call us and apply today!
716.433.3780



.....

Mission Statement

The Mental Health Association in Niagara County, Inc. will offer programs and services aimed at promoting mental health while advocating for individuals with mental illnesses and working toward dispelling commonly held misunderstandings regarding mental illnesses.

.....



716.433.3780 www.MHANC.com

36 Pine St. Lockport, NY 14094

.....

The Mental Health Association in Niagara County, Inc. is funded by the New York State Office of Mental Health, the Niagara County Department of Mental Health, the United Way of Greater Niagara, grants, memberships and voluntary contributions.

.....

March 2018



Compeer Niagara

Compeer is the remarkable story of encouraging the likelihood of recovery, made possible through the healing power of friendship.



Compeer recruits, screens, and matches trained volunteers and mentors for one-to-one supportive friendships with children and adults.

A “Compeer” is a companion who is also a peer or equal. Those diagnosed with a mental illness may experience the loss of self-esteem, the fear of failure, loneliness and the need to build support systems; this is where Compeer can help.

The goal of Compeer is to provide a caring friend who can offer support through social inclusion and mutual understanding.

Compeer participants must have a current mental health diagnosis and be referred by their Mental Health professional.

Compeer encourages continual mental wellness through friendship, recreational experiences and opportunities, and social connections.

Compeer for Adults

Compeer for Adults matches adult participants and volunteers who share similar interests. The pairs talk and spend quality time together throughout the month. Compeer friends share, listen, and provide support.

Compeer for Adults also offers monthly group activities, which allow participants to explore new interests throughout the county, as well as form friendships with other participants and volunteers within the Compeer Program.

Compeer for Youth

Children who are in need of a positive adult role model and a trusted friend are matched with trained and screened volunteers for one-on-one friendship and mentorship. Each child and his or her match spend time together throughout the month enjoying each other’s company and having fun!

Compeer for Youth also offers monthly group activities, which allow youth participants to try new, fun activities and explore different interests throughout the county, while spending quality time with other youth participants.

Here’s what people are saying about Compeer Niagara...

From our Volunteers:

“Great program. Great people. Great service to the community.”

“I like the flexibility of Compeer. My Compeer friend and I get together as our schedule and time allows. We can participate in an activity as it appeals to us. There is always a staff person we can turn to for advice.”

From our Youth Participants:

“I like my match. We have fun things planned. I enjoy the activities and the fun things we do at Compeer.”

“Keep doing what you’re doing. I love the program.”

From our Adult Participants:

“Having mental health issues can be so isolating, but I look forward to everything that I’m able to do in society now that I have a match to support me. Compeer, and specifically being matched, has given me more hope for the future.”

“Compeer is very rewarding. More people need to go out of their comfort zone and try it.”

From Mental Health Professionals:

“Compeer has helped to instill confidence in my client.”

“I am impressed with the time spent with [my] client. [What I like best about Compeer Niagara is] the ability to spend time with clients and get them involved in activities personally tailored to their interests.”