

North Bay Peer Outreach Support Team (NB-POST)

Service Locations:

The NB-POST team conducts regular outreach within North Bay and outlying areas of Nipissing District to ensure accessibility for individuals in these areas.

- Street outreach in downtown North Bay (multiple times throughout the day)
- North Bay encampment outreach (2x weekly)
- Hwy 17 outreach to Mattawa (weekly)
- Hwy 63 outreach to Thorne (Bi-weekly)

Contact Information:

North Bay to Duchesnay - Contact the NB-POST line at 705-498-9482 during operating hours (8am-8pm Monday-Friday and 10am-6pm Saturday-Sunday) for non-emergency support or outreach services. Messages left after hours will be returned during the following work day.

Garden Village Peer Outreach Support Team (GV-POST)

Service Locations:

The GV-POST team conducts regular outreach within West Nipissing and Garden Village to ensure accessibility for individuals in these areas.

Transportation Services:

POST offers transportation support for qualifying participants, including rides for:

- Job interviews
- Court appointments when no other supports are available
- Pharmacy visits and grocery trips in Sturgeon Falls
- Food deliveries from Garden Village Food Bank
- Apartment viewings
- Medical appointments not covered by the Lawrence Commanda Health Centre
- Cultural programs hosted by True Self (e.g., sharing circles, drumming, workshops)

To schedule transportation, please book at least 24 hours in advance by calling 705 471-7046 or emailing braydenq@trueself.ca.



Peer Outreach Support Team



Overview: The Peer Outreach Support Team (POST) is a key initiative of Nipissing First Nation's True Self Debwewendizwin Program, aimed at supporting vulnerable populations across the Nipissing District. Through POST, the community receives essential, peer-led assistance in areas like mental health, substance use, and housing challenges.

Peer-Led Outreach and Harm Reduction:

The team assists individuals with immediate needs, providing peer support around mental health, substance use, and access to essential resources, including harm reduction supplies and referrals to community agencies. Team members are equipped with naloxone and other harm-reduction essentials to meet participants' needs. The team can, and has, encouraged individuals to move along where there is lawful authority to do so (drug use, blocking access, erratic behaviours, criminality) while providing connections/referrals to resources. They do NOT provide any enforcement of by-laws or criminal laws.

The team connects resources where needed and deals with persons in distress, erratic behaviours, sleeping on-premises, and concerns for personal well-being. Outreach staff wear blue jackets or t-shirts imprinted with OUTREACH for increased visibility.

Any encampments in the entirety of Nipissing District can also be reported to the POST contact number (or via email to info@trueself.ca). The team will attempt to contact these locations during their next encampment outreach.

Peer Support: Peer support involves connecting individuals with trained peer support workers who offer empathy, guidance, and encouragement based on shared life experiences. This client-centred approach emphasizes resilience, self-advocacy, and support for mental health, substance use, and housing challenges.

• **1-on-1 Peer Support:**

In private, peer support workers provide:

- Emotional support in a safe, trusting environment
- Assistance in identifying goals and setting boundaries
- Practical support by connecting individuals to resources for housing, healthcare, and employment
- Advocacy, including accompanying participants to appointments or assisting with forms

• **Group Peer Support:**

In group sessions, people with similar backgrounds offer one another support and encouragement. Benefits of group-based peer support include:

- A sense of community and reduced isolation from shared experiences
- Collective support and empowerment among group members
- Skill-building, coping strategies, and new approaches to challenges
- Accountability and motivation through shared goal-setting and encouragement
- Diverse perspectives, allowing members to learn from one another's insights
- A safe and confidential environment led by trained facilitators

Looking Ahead:

POST remains dedicated to strengthening connections within the community and building support networks for individuals facing housing, mental health or addiction challenges, and other obstacles. With ongoing collaboration, POST will continue to adapt to the community's evolving needs.