

# Compeer Niagara Volunteers

**Sharing 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, all with a variety of interests. Compeer Niagara provides a fun and flexible opportunity for volunteers to give back to their community in a way that fits into their current lifestyle.

**Becoming a Compeer Niagara Volunteer is easy! To start...**

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](http://www.MHANC.com) or you can request an application by phone: 716.433.3780.

Our wonderful volunteers help to raise the self-esteem and increase social engagement of their Compeer Niagara friends, all while having **fun!** Compeer Niagara volunteers demonstrate that friendly encouragement and caring support can truly enrich a life.

**There are many Niagara County adult and youth participants waiting for a friend. They may even live in your neighborhood!**

**Reach out to see how fun it is to be a Compeer Niagara Volunteer.**

**Visit our website:  
[www.MHANC.com](http://www.MHANC.com) or call us  
and apply today!  
716.433.3780**

## About Us

Compeer Niagara is a volunteer-based program of the Mental Health Association in Niagara County that serves adults and children who have a mental health diagnosis and limited social supports. Our aim is to improve the quality of life and self-esteem of our clients through social inclusion and enjoyable activities.



## Mission Statement

The mission of the Mental Health Association in Niagara County, Inc. is to promote mental wellness by sponsoring and implementing advocacy, education and community service programs.

**716.433.3780 | [www.MHANC.com](http://www.MHANC.com)**

**HELPLINE: 716.433.5432**

**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, the Grigg Lewis Foundation, and voluntary contributions.*

March 2022



Mental Wellness Starts With Friendship



**Our aim is to improve the quality of life and self-esteem of our participants through social inclusion and enjoyable activities.**



## The Compeer Model

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.

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.

## Compeer Niagara for Adults

Compeer Niagara for Adults offers monthly group activities, which allow participants to explore new interests throughout Niagara County, along with the opportunity to form friendships with other members within the Compeer Niagara Program.

Compeer Niagara for Adults also hopes to match participants with volunteers who share similar interests. The pairs can then talk and spend quality time together throughout the month by having fun through friendship.

Compeer Niagara Adult participants must live in Niagara County, be 18 years or older and have a current mental health diagnosis.

**Participants must be referred by their mental health professional.**

## Compeer Niagara for Youth

Compeer Niagara for Youth offers monthly group activities, which allow participants the opportunity to build friendships with other members, try new and fun activities, and explore Niagara County.

Compeer Niagara for Youth also hopes to match participants with Compeer Niagara Volunteer who is a positive adult role model and a trusted friend. The pairs can then talk and spend time together throughout the month enjoying each other's company and having fun!

Compeer Niagara Youth participants must live in Niagara County, be 5-18 years of age, and have mental health diagnosis.

**Participants must be referred by their mental health professional or primary care physician.**

## The Couch

Compeer Niagara also offers The Couch, a free, safe and fun space for tweens and teens of Niagara County.

Spend time with friends, make friends, hang out, watch movies, play video games or board games, have snacks, etc. Staff is present for supervision.

**Referrals *not* required.**

## Here's what people are saying about Compeer Niagara...

### Compeer Niagara 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 allows. We can participate in an activity as it appeals to us. There is always a staff person we can turn to for advice."*

### Compeer Niagara Youth:

*"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."*

### Compeer Niagara Adults:

*"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 being matched, has given me more hope for the future."*

### Referring 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."*