

Peer Recovery

*Finding strength
& hope*



Peer Recovery Support is community- based recovery support led by a certified Peer Recovery Specialist (PRS). Services include coaching, assistance and connections to resources for individuals challenged by substance use.

Your Peer Recovery Specialist

At The Up Center, our Peer Recovery Specialists are members of the clinical support team.

Compassionate and skilled support

Our PRS are trained to support recovery with non-judgmental and positive motivation.

Real-world recovery insight

With the insight gained from their own recovery, PRS are well-equipped to support you.

Reclaiming hope and self-belief

PRS are here for you to instill hope, control, and self-worth.

Your Recovery Journey

One-on-one support

Communication whenever you need it.

Community connections

Resources and events to aid recovery.

Coping skills

Modeling effective ways to manage challenges and triggers.

Personalized plan

We'll help you create and put your recovery plan in place.

Group support

Build a strong social network for recovery.

“

Peer Recovery is the most important part of my recovery and it is really helping my family.

”

Start today!

(757) 965-8623

theupcenter.org/prs

outpatientcounseling@theupcenter.org



★ *Peer Recovery support is offered in the community and at the following locations!*

580 E. Main Street, Suite 400 | Norfolk, VA 23510

★ 222 W 19th Street | Norfolk, VA 23517

★ 109.5 Clay Street | Suffolk 23434

www.theUPcenter.org

The Up Center is a 501(c)(3) nonprofit organization.