

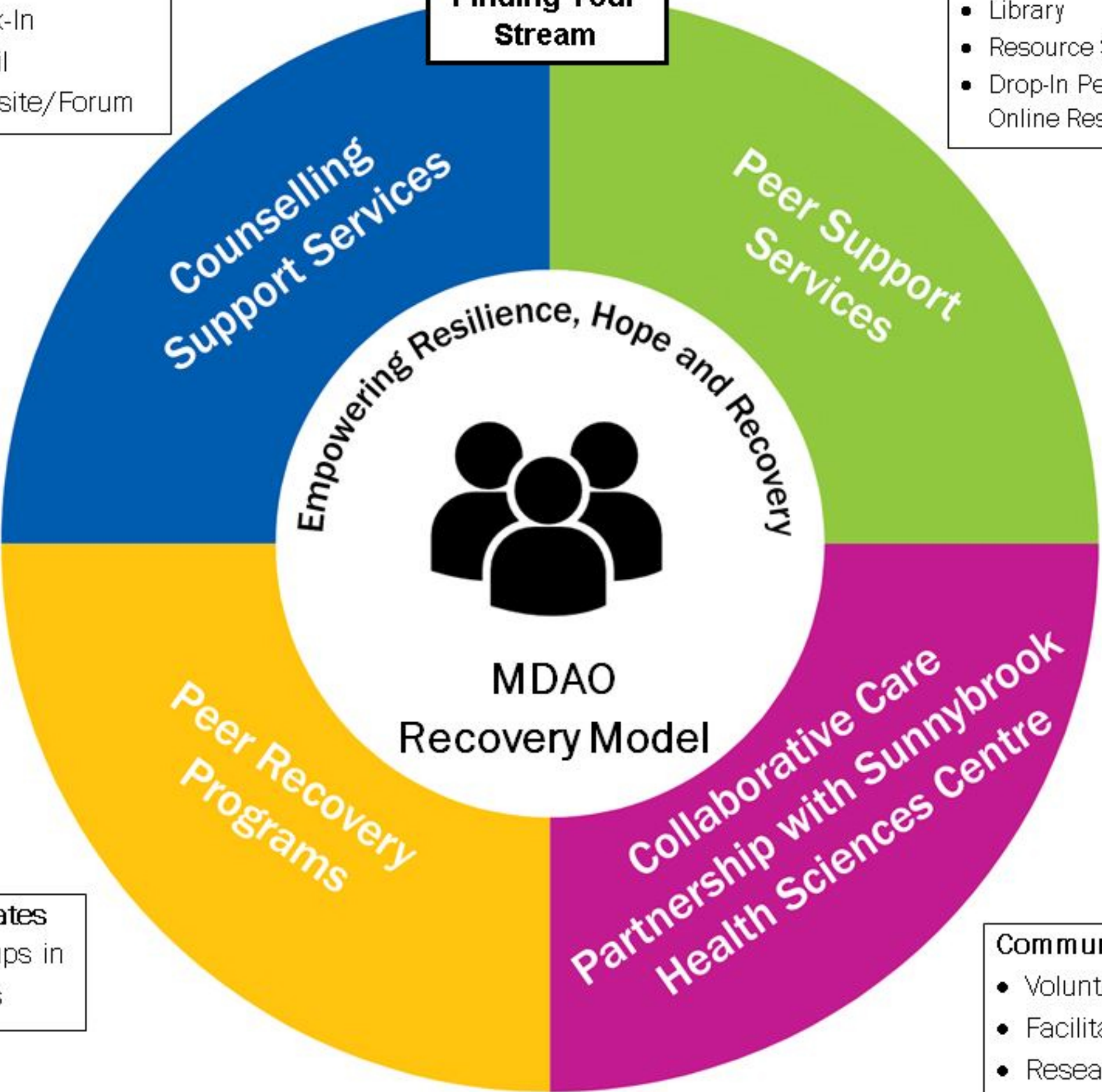


### Finding Your Stream

- Peer Support**
- TIPS Line
  - Walk-In
  - Email
  - Website/Forum



- Information**
- Library
  - Resource Station
  - Drop-In Peer Support
  - Online Resources



- Counselling Services**  
Individual, Family and Group Counselling

- Peer Support**
- One-on-One Support
  - Drop-In Groups



- Registered Programs**
- WRAP
  - Laughing Like Crazy

- Community Outreach**
- Workplace
  - Schools/Universities
  - Distinguished Speakers



- Provincial Affiliates**  
38 support groups in 30 communities

- Community Inclusion**
- Volunteering
  - Facilitating
  - Research Committee

