VCSB PEER RECOVERY SPECIALISTS:

Zed Kosowitz:
Certified Peer Recovery Support Specialist
Phone-540-430-1152

Clayton Fitzgerald
Peer Recovery Support Specialist
Phone: 540-480-7631



VALLEY COMMUNITY SERVICES BOARD
85 SANGERS LANE
STAUNTON, VA 24401
540 887-3200 MAIN OFFICE
540 885-0866 EMERGENCY SERVICES

www.myvalleycsb.org

VCSB does not and shall not discriminate on the basis of race, color, religion (creed), gender, gender expression, age, national origin (ancestry), disability, marital status, sexual orientation, or military status, in any of its activities or operations.

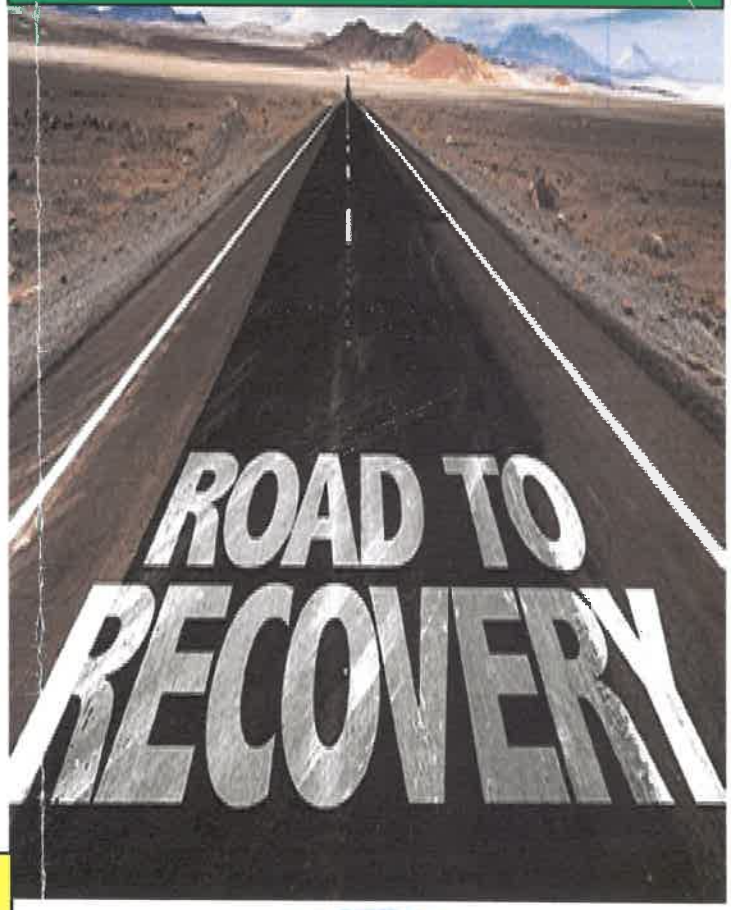
May 2022

USEFUL PHONE NUMBERS:

NATIONAL SUICIDE PREVENTION LIFELINE:
1-800-273-8255

SAMHSA'S NATIONAL HELPLINE
(REFERALS TO LOCAL TREATMENT FACILITIES, SUPPORT GROUPS, AND COMMUNITY BASED ORGANIZATIONS):
1-800-662-HELP(4357)

PEER RECOVERY SUPPORT
ADULT OUTPATIENT
&
OBAT



VALLEY COMMUNITY SERVICES BOARD

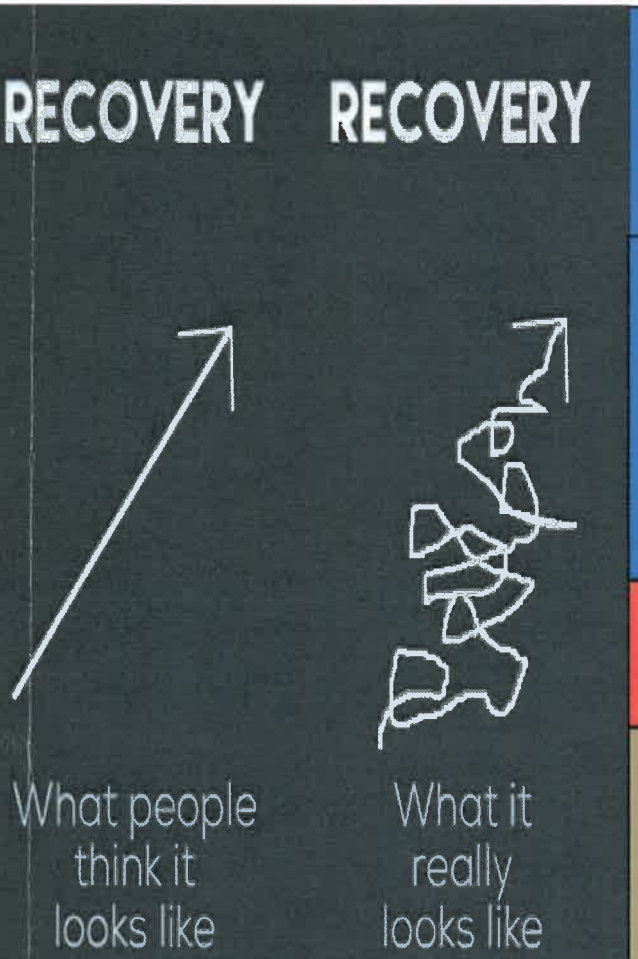
WHAT PEER RECOVERY SUPPORT IS

- Provides:
- Hope & Guidance
- Understanding
- Non-Judgmental
- Empathetic
- Shared Experience
- Identification

LOCAL 12 STEP MEETINGS

BLUE RIDGE AREA OF NARCOTICS ANONYMOUS LOCAL MEETING WEBSITE:
www.brana.org

DISTRICT 47 AUGUSTA COUNTY AA MEETING LOCAL MEETING WEBSITE:
www.district47.org



RECOVERY/CHANGE IS SCARY ENOUGH, YOU DON'T HAVE TO GO THROUGH IT ALONE. PLEASE CALL TODAY!!!!!

WHAT PEER RECOVERY SUPPORT IS NOT

- Does the work for you
- Tells you what to do
- Misunderstanding
- Judgmental
- Sponsorship
- Acts Superior

ZOOM BASED RECOVERY MEETINGS

NA: www.virtual-na.org
AA: www.aa-intergroup.org
SMART RECOVERY:
www.smartrecovery.org

WATCH OUT FOR BEING:

H: HUNGRY
A: ANGRY
L: LONELY
T: TIRED
=
HALT