

**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.



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USEFUL PHONE NUMBERS:

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

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

**PEER RECOVERY SUPPORT
ADULT OUTPATIENT
&
OBOT**



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 **RECOVERY**



What people
think it
looks like



What it
really
looks like

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