

SAMSHA's Perspective

“Peer support services are delivered by individuals who have common life experiences with the people they are serving. People with mental and/or substance use disorders have a unique capacity to help each other based on a shared affiliation and deep understanding of this experience. In self-help and mutual support, people offer this support, strength, and hope to their peers, which allows for personal growth, wellness promotion, and recovery.

Research has shown that peer support facilitates recovery and reduces health care costs. Peers also provide assistance that promotes a sense of belonging within the community. The ability to contribute to and enjoy one's community is key to recovery and well-being. Another critical component that peers provide is the development of self-efficacy through role modeling and assisting peers with ongoing recovery through mastery of experiences and finding meaning, purpose, and social connections in their lives.”

Substance Abuse and Mental Health Services Administration
<https://www.samhsa.gov/recovery/peer-support-social-inclusion>

SHEBOYGAN LOCATION:

1014 N. 6th Street, Sheboygan, WI 53081

Office: 920-234-5016

www.facebook.com/LighthouseSheboygan

MANITOWOC LOCATION:

721 Park Street, Manitowoc, WI 54220

Office: 920-374-4433

[www.facebook.com/
lighthouserecoverycommunitycenter](http://www.facebook.com/lighthouserecoverycommunitycenter)

“Character cannot be developed in ease and quiet. Only through experience of trial and suffering can the soul be strengthened, ambition inspired, and success achieved.”

To donate to the Lighthouse visit:
www.lighthouserecoverycommunitycenter.org



**Providing a LIGHT
OF HOPE through
the darkness of
addiction.**

Confidential

Peer Recovery Support

Available

Sheboygan 1-855-449-4726

Manitowoc 1-920-374-3989

MISSION

Empower those seeking recovery by providing access to resources, education and recovery support services in a safe and social space, honoring all pathways to recovery.



VISION

We envision a world where recovery from addiction is understood, promoted, and embraced.

WHO WE ARE

We are a Recovery Community Organization that honors all pathways to recovery. We are a safe and social hub of resources for all those with Substance Use Disorder. We provide support to anyone who has been affected by addiction.

WHAT WE OFFER

- ♦ Variety of recovery meetings
- ♦ Recovery Coaches
- ♦ Peer-to Peer Support
- ♦ Stigma reduction
- ♦ Education
- ♦ Resources
- ♦ Addiction Management
- ♦ Evidence Based Approaches
- ♦ Recovery Oriented Employer Program
- ♦ Recovery Coach Training
- ♦ Sober activities and events

Benefits

Those Seeking Recovery

- ♦ Hope that recovery is possible
- ♦ Education to support health and well-being
- ♦ Resources that increase positive outcomes

Friends and Family

- ♦ Support network
- ♦ Education about addiction
- ♦ Assistance navigating the treatment for their loved ones

Community and Businesses

- ♦ Safer work environment and community
- ♦ Healthier community and employees
- ♦ Increased engagement and productivity