



Self Help Entrepreneurship



SELF HELP &
PEER SUPPORT

What are Self Help & Peer Support services?

Self Help & Peer Support services are offered by people and for people who have experienced a mental health and/or substance use health challenge. Our vision is hope and support for recovery through the shared lived/living experience.

We believe recovery is possible!

Self Help and Entrepreneurship

Self Help entrepreneurship services are for those experiencing a mental health and/or substance use health challenge and are interested in self-employment or starting their own business. Using a self help approach, all aspects of business planning can be explored, including:

- Market Research
- Legal Considerations
- Required Skills for Certification
- Pricing Strategies
- Promoting and Advertising
- Financial Considerations
- Networking and Business Ethics
- Business Registration and Taxes
- Business Start-up

A self-help approach means the person supported is actively involved with every aspect of developing their business, including all decision making. Success is determined by the individual: working at the individual's pace.

Participants will ideally develop a business strategy or plan to guide their self-employment activities.

A Little Inspiration

"Take the first step, no more, no less, and the next will be revealed."

- Ken Roberts

"I begin by trying to get better at what I do."

- Author Unknown

How do I access entrepreneurship services?

To learn more about this service, contact our Entrepreneurship Facilitator at: **1-844-264-2993 x 4024**

You can also visit our website:

<https://cmhaww.ca/programs/group-and-peer-support/>

Self Help & Peer Support Locations

Cambridge

1-9 Wellington Street
Cambridge ON N1R 3Y4
P: (519) 623 6024
TF: 1 (844) 264 2993

Guelph

80 Waterloo Ave.,
Guelph ON N1H 0A1
P: (519) 763 4014
TF: 1 (844) 264 2993

Kitchener

67 King St. E. Kitchener
ON N2G 2K4 P: (519)
570 4595
TF: 1 (844) 264 2993

Privacy

At CMHA WW, your privacy is paramount. To learn more about our privacy policies, visit:

www.cmhaww.ca/privacy



Canadian Mental
Health Association
Waterloo Wellington

Association canadienne
pour la santé mentale
Waterloo Wellington