



Call or stop by today to speak to a peer, find out about programs, make an appointment for a one-on-one peer support session, use our computer lab, or obtain information on our groups.

WARM-LINE: 301-620-0555

For anyone who is struggling or needs a listening ear.

WARM-LINE HOURS

Mon - Fri 9:00am - 4:00pm

Sat - Sun 10:00am - 10:00pm



OFFICE HOURS

Monday | Thursday | Friday

9:00am - 4:00pm

Tuesday | Wednesday

9:00am - 8:00pm

Sunday

1:00pm - 4:00pm

Visit our website to view the monthly calendar to learn more about our programs!



DONATE HERE

ON OUR OWN of Frederick County

121 South Market Street
Frederick, Maryland 21701
(240) 629-8015

support@onourownfrederick.org
www.onourownfrederick.org



VISIT OUR SITE


ON OUR OWN
Frederick
PEER LED RECOVERY

A free drop in wellness and recovery center located in downtown Frederick, Maryland.

Lived experience peer support since 1997 to adults with mental health challenges and/or substance use disorders. Encouraging and supporting their recovery choices.



Services rooted in Substance Abuse and Mental Health Services Administration's (SAMHSA) Eight Dimensions of Wellness.



PEER SUPPORT GROUPS

IN PERSON OR VIRTUAL

Monday - Friday:

- 1:00pm

Tuesday & Wednesday:

- 6:30pm (In person only)

Sunday:

- 2:30pm



620 895 0648 PW 1357



FREE PROGRAMS

- Peer Support: One-on-one and Group Settings
- Community Resource Navigation
- Meditation, Reiki, Journaling
- Expungement Workshops
- Financial Literacy
- Computer Lab
- YMCA (limited)
- Guided Art
- Connection to Rehab Services
- Haircuts (every other Sunday)
- Clean & Clear Laundry
- RUN Program
(providing transportation)
- 2x Monthly 'Sober Socials'
 - ✓ Hiking
 - ✓ Golfing
 - ✓ Movies
 - ✓ Tubing AND SO MUCH MORE!



CPRS
ONE-STOP
SHOP
providing ALL
requirements to
become an MABPCB
Certified Peer
Recovery Specialist



WORKFORCE DEVELOPMENT

Certified Peer Recovery Specialist

We offer:

- MABPCB Accredited Training Bundles
- 46 Hours/CEU's Online
- 500 Peer Volunteer Hours
- 25 Hours of Supervision
- Exam Preparation

FREE RPS

Supervision Requirement

IN PERSON OR VIRTUAL

Mon & Thu at 3:00pm



301 620 0555 NO PW





ON OUR OWN
Frederick

WORKFORCE DEVELOPMENT
CERTIFIED PEER RECOVERY SPECIALIST
TRAINING PROGRAM



On Our Own serves as a one-stop shop for all requirements to become a Certified Peer Recovery Specialist.



DONATE

For more information visit
www.onourownfrederick.org
training@onourownfrederick.org
121 S. Market Street Frederick, MD 21701
240-629-8015




WEBSITE



WORKFORCE DEVELOPMENT
CERTIFIED PEER RECOVERY SPECIALIST

On Our Own offers comprehensive training bundles that fulfill all MABPCB Accredited requirements to become a Certified Peer Recovery Specialist.



Training Courses - 46 CEU's Online

- 16 hrs Ethical Responsibility
- 10 hrs Mentoring/Education
- 10 hrs Advocacy
- 10 hrs Recovery/Wellness

Volunteer Experience - 500 Hours

A volunteer Peer Support position working for OOOFC, designed to help you get the hands-on experience required for certification.


RPS Supervision - 25 Hours

One-on-One meeting and/or group supervision with an RPS who will guide you through the process and help you understand what is required as well as how to meet those requirements.

- 5 hrs Advocacy
- 5 hrs Ethical Responsibility
- 5 hrs Mentoring/Education
- 5 hrs Recovery/Wellness
- 5 hrs General Supervision

FREE RPS

(Supervision Requirement)
IN PERSON OR VIRTUAL
Mon & Thu at 3:00pm



301 620 0555 NO PW