

After you've set up a meeting with a Peer Navigator through our intake line (604-872-3148), here's what you can expect from your first meeting. It will be held at the Robert and Lily Lee Community Health Centre on Broadway at Commercial (1669 East Broadway). Take the elevator to the third floor and let the receptionist know you've arrived. Each session is about one hour long, and you have the option of making another appointment the following week, or at another time that works for your schedule and needs.

**What to expect at a first meeting with a Peer Navigator...**

- Your Peer Navigator will introduce the program and the services we provide
- Reviewing confidentiality and completing a consent form
- Hearing about your current situation, including areas of difficulty, current priorities, and the strengths and resources you already have
- Beginning to identify supports and resources that are needed
- Working together to name some goals, and choosing manageable first steps
- Time for your questions and feedback about the first session

Peer Navigators draw on our own lived experience, as well as expertise developed through training and working with program participants to provide information about local programs and services available to meet your needs.