Support *me*

PEER CENTER

Sweetser

Come as you are.
We'll meet you there.

No payment.
No insurance.
No full name.
Just bring yourself!

Brunswick's new Peer Center!

Located at Sweetser's Hope & Healing Center, 329 Bath Road Brunswick, Maine

SupportME is a new and inclusive community peer support space for the Midcoast Maine area that provides individuals experiencing mental health challenges, life stress, and trauma with walk-in peer support.

Peer Center Hours:
Monday-Friday
8:30 AM - 4:30 PM

What We Offer

- Daily peer-run, participant-driven groups where attendees can practice mutual support and talk to people with similar experiences and challenges.
- One-on-one support from our Certified Intentional Peer Support Specialists with lived experience.
- Learn and grow through engaging workshops on topics such as job hunting, education, nutrition, wellness, financial well-being, and more.
- A safe, restorative environment with access to books, games, resources, and a sense of belonging.

MainePeerCenter.org **207-373-3005** **PeerCenter@sweetser.org**