

# Loneliness is curable . . . friendship is powerful medicine.

The Compeer program offers the opportunity to change a lonely life. The dictionary defines "Compeer" as a peer, a companion, an equal. Compeer recognizes that mental health diagnoses can be the "loneliest illness" and believes that volunteers can provide the comfort and motivation needed to help people in mental health recovery lead happier, more productive lives.

*Being a Compeer is as simple as going for a walk, having a conversation, going to a movie or picking up the phone.*

Spending time, listening, caring, sharing life experiences with a person dealing with mental health diagnoses can...

- Decrease their sense of loneliness and isolation
- Improve their recovery
- Increase their self-esteem
- Encourage their involvement in the community
- Make a real difference in their life.

**com•peer** (kompîr) n.

*A person of equal status, a companion, equal, or friend.*



OF SUBURBAN  
PHILADELPHIA  
Making Friends. Changing Lives.

Contact your local Compeer program  
to learn how you can make a  
difference in the life of another.

**Become a friend today!**

**Compeer of Suburban Philadelphia**

411 Dartmouth Ave.  
Swarthmore, PA 19081  
Phone: 610-541-0790  
Fax: 610-541-0792  
[www.CompeerFriends.org](http://www.CompeerFriends.org)

**The Compeer programs  
above also offer:**



**Camaraderie • Support • Friendship**

**Helping PA Veterans  
Connect Through Friendship**



**Changing a Life  
is as easy as  
being a Friend.**



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## What We Do

Compeer exists for the sole purpose of matching caring adults in one-to-one supportive friendships with people of the same gender who are in mental health recovery. Compeer provides comprehensive training, helps with selecting a friendship connection and offers ongoing support every step of the way.

## Who We Are

Compeer began in the United States in Rochester, New York, more than 35 years ago and is guided by a simple premise: the support of friends enhances the quality of life, improves the ability to cope with life's stress, and fosters mental wellness.

Compeer volunteers take action, using their qualities, skills, talents and friendship to make a difference in the life of another. Just a few hours of volunteer time each month can have an influence that lasts a lifetime.

Join an organization that values your contribution—be a Compeer.

## Being a Compeer Volunteer is Easy

Compeer volunteers are people from all walks of life, nationalities, various values, urban and suburban neighborhoods.

Compeer volunteers find an opportunity for personal growth and satisfaction by helping others.

Compeer volunteers increase social and communication skills, and encourage independence for their Compeer friends.

Being a Compeer volunteer is rewarding and fits into your current lifestyle because you choose the hours just as you would with any friendship.

Friends—Can you imagine life without them?



## Becoming a Volunteer

### Step One: Join

Contact your local Compeer Program to complete a volunteer application. Attend a training session and discuss the benefits of friendship.

### Step Two: Match

Volunteers and friends are matched based on mutual preferences, same gender, similar age, location and shared interests.

### Step Three: Meet

Along with Compeer staff, be introduced to your Compeer friend. One-to-one friendships improve commitment and develop a lasting trust.

### Step Four: Enjoy!

Spend time with your Compeer friend. Arrange regular meetings, attend local events and activities. Get to know each other. Become friends!

Compeer staff provide on-going professional guidance and support for you and your friend.

Compeer is a fascinating volunteer opportunity which is recognized as a best practice in mental health recovery.

Making Friends—  
Changing Lives  
Consider volunteering today.

“My Compeer friend  
is always there  
for me.”