

# ABOUT COMPEERCORPS

## Helping PA Veterans Connect Through Friendship

Many United States military veterans are combating mental and behavioral health problems, homelessness, physical disabilities, lack of community integration and acceptance, while other veterans have died by suicide.

The purpose of CompeerCORPS is to create a network of military veterans to provide peer mentoring friendships to our guardian service members. The goals of the programs are to enhance a veteran's self-esteem and self-worth; improve connectedness to civilian society; reduce dependency on emergency services; reduce stigma through friendship; and to create a strong and supportive environment to successfully lead our veterans to that road to recovery.

## COM•PEER (kompîr) *n.*

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



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

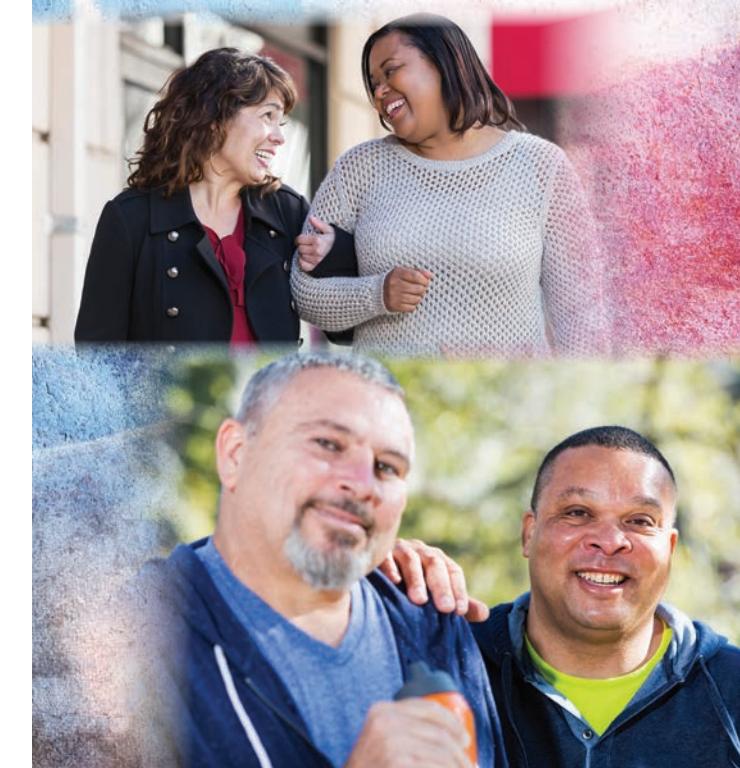
***Become a friend today!***

Compeer of Suburban Philadelphia  
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Phone: 610-541-0790

**Helping PA Veterans  
Connect Through Friendship**



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# WHAT IS COMPEER

Compeer means companion, equal, or friend. Compeer is the remarkable story of personal change brought about by one good friend. Compeer matches caring, mentoring adults in one-to-one friendships with someone who has walked a mile in your boots and understands how to make a difference in the life of another.

Compeer began 35 years ago in Rochester, New York and CompeerCORPS is a new program to help our United States military veterans—one vet helping another vet.

## Making Friends—Changing Lives

# 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. Compeer provides comprehensive training, helps with selecting a friendship connection and offers ongoing support every step of the way.



Through camaraderie, support and friendship, CompeerCORPS gives every veteran the opportunity to combat physical and mental obstacles as they reintegrate into civilian life.

# BEING A COMPEER VOLUNTEER IS EASY

Become a CompeerCORPS volunteer by contacting your local Compeer program or Mental Health Association.

Consider this fact: friendship is powerful medicine. Making friends and changing lives is what Compeer is all about. Join today to participate in a very rewarding experience fit for two.

***Friends—Can you imagine life without them?***

# BECOME 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.

***Consider volunteering today!***