

ACT OUT 2SLGBTQIA+ SERVICES

Act Out is a newly developed part of our Community Programs that seeks to increase connection and a sense of belonging for our service users and community members who are 2SLGBTQIA+.

Act Out consists of 3 programs:

- Pride Peer Support
- Liebe - Multigenerational Mentorship
- Into The Rainbow: A Welcome Guide For Loved Ones

For more information, check out our website or contact Elisa@efryptbo.org



COMMUNITY PROGRAMS

The Elizabeth Fry Society
of Peterborough

AAKANKSHA

Community Programs
Coordinator
aakanksha@efryptbo.org

REACH OUT

150 King St. 4W
Peterborough, ON K9J 2R9
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COMMUNITY PROGRAMS INCLUDE:

- Wellness Programs
- Online Programs
- Act-Out/2SLGBTQIA+ Services
- Student Education and Placement Support (STEPS)

WELLNESS PROGRAMS

Our Wellness Programs are completed over the phone or in-person with our trained placement students

- Anger Solutions
- Healthy Relationships
- Self Esteem
- Goal Setting and Stress Management
- Truth & Integrity: Anti-Theft Program

ONLINE PROGRAMS

- Anger Solutions
- Healthy Relationships
- Self-Esteem
- Goal Setting & Stress Management
- Truth & Integrity
- Connected Caregiving
- WeEvolve: Understanding & Being Kinder to Oneself

Our free online programs are self-led and allow you to complete programs at your own pace, day or night

To enroll in online and wellness programs, you can complete an online intake form on our website or email Aakanksha@efryptbo.org



STUDENT EDUCATION & PLACEMENT SUPPORT

STEPS assists people with lived experience in attending post-secondary education by providing support, guidance, and mentorship every step of the way.

If you have been criminalized or experienced mental health issues, trauma, addiction, homelessness, poverty, and/or domestic violence and dream of using your experience to help others, our program can help you take the first step towards your post-secondary school journey