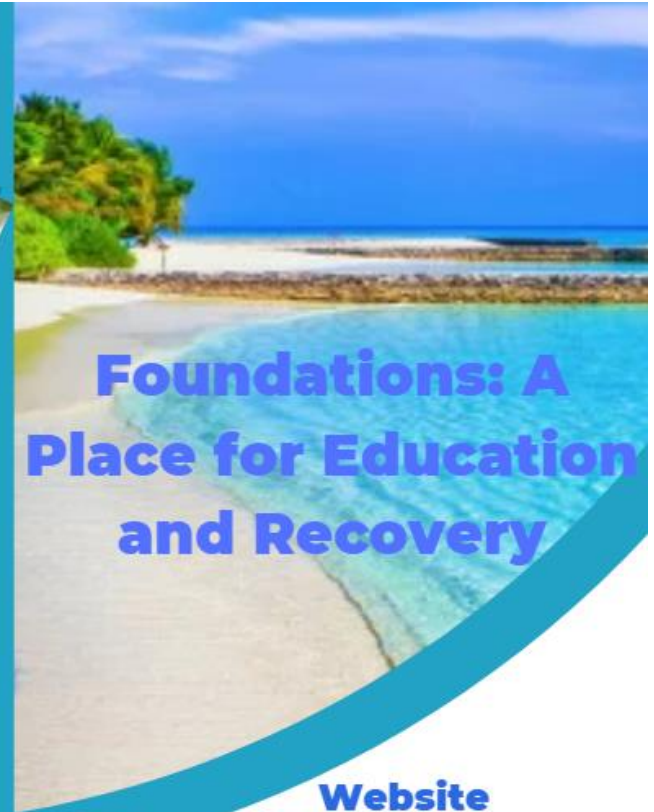


# FOUNDATIONS: A PLACE FOR EDUCATION AND RECOVERY

Foundations is a Peer Recovery Operation that offers services in Canton, Ohio. It serves peers in Stark County with its classes and support groups. Its Respite program serves peers in Stark County. As a consumer-operated service, it is operated by a 60% consumer-operated Board of Directors. Foundations are operated by individuals with lived experience in either mental health or substance use disorders. All the services offered at Foundations are free of charge, and the structure is planned with physical and emotional safety in mind. Foundations educates, empowers, and motivates the Stark County Community with a staff of peer supporters that have been trained in the Ohio Peer Supporter Integrated Training Model.



## Foundations: A Place for Education and Recovery

**Website**

**[FOUNDATIONS.CANTON.ORG](http://FOUNDATIONS.CANTON.ORG)**

## CONTACT US

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**Office**

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# FOUNDATIONS CANTON



## RESPIRE

- **Foundations Short-term Respite Program supports people aged 18 and over who are anticipating or experiencing a mental health situation by providing a free-of-charge, voluntary stay in a home-like setting that is supportive, comfortable, and safe.**
- **Guests stay in Respite purely by personal choice and not through any “forced treatment” by Foundations. Respite provides an innovative and unique alternative service to the more traditional emergency room and inpatient care when the provider deems emergency care to be unnecessary; however, the guest can still utilize the conventional care in addition to Respite as a complimentary service. Additionally, the guest may still need help coping.**
- **Respite offers 24/7 support by trained Peer Support Specialists and volunteers. All share lived experiences of mental health or AOD.**

### Classes and Groups

**Your Peers may better understand what life is like for you because they experience it themselves. Foundations’ members meet to offer emotional support and basic living and social skills to help increase feelings of self-worth, decrease social isolation and encourage independent living.**

**The Peer Support Group also allows you to exercise the Peer Support Training by sharing thoughts, feelings, and experiences on the journey through recovery.**

**TO FIND OUT MORE ABOUT OUR  
RESPIRE PROGRAM; PLEASE CONTACT:**

**GARYR@FOUNDATIONSANTON.ORG  
330-454-2888 ext. 3**

**TO FIND OUT MORE ABOUT OUR  
CLASS AND GROUPS; PLEASE  
CONTACT ONE OF OUR PROGRAM  
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330-454-2888 ext. 4**



**OUR RESPIRE COORDINATOR  
ALWAYS SAYS IF YOU ARE GOING  
TO DREAM, DREAM BIG!**