

Refreshing Waters

Refreshing Waters is a peer run respite home that offers a peaceful and calming environment that promotes mental health and wellness.

Nothing can
bring you
peace but
yourself.

-Emerson

Please contact us for
more information:

Refreshing Waters Respite

1-844-588-8427
1-716-248-2886

The Warm Line

1-844-749-3848—Toll Free
1-716-248-2941—Call
716-392-2221—Text

Virtual Warm Line

1-833-361-6130

Recovery Options Made Easy

716-532-5508

www.recoveryoptionsny.org



*Refreshing
Waters
Respite*

Peer Run Respite
Home to Assist
You on the Path
to Your
Continued
Wellness

People Helping People

Who We Are

Our staff is comprised of several, highly trained NYS Certified Peer Advocates. Peer Advocates are people from our shared community with their own lived experience, either personal or familial, that are willing to share that experience in service of others.



Why We Do It?

- ◇ Improves Self-Efficacy
- ◇ Increases Life Expectancy
- ◇ Helps lead to a positive path in a person's life

What We Offer

- ◇ Support and Empathy
- ◇ Non-Judgmental Environment
- ◇ 1 on 1 and/or Group Chats
- ◇ Provide Empowerment
- ◇ Supportive Relationships
- ◇ Provide Community Resources
- ◇ Educate and Provide Tools for Continued Wellness
- ◇ Advocacy and Community Outreach
- ◇ Various Interactive Therapies
 - ◇ Art
 - ◇ Music
 - ◇ Cooking
 - ◇ Journaling

Who We Serve

Residents, 18 years or older, of Erie County who are experiencing a mental health concern including but not limited to:

- ◇ Depression
- ◇ Anxiety
- ◇ PTSD
- ◇ Abuse Survivors
- ◇ Veterans and their families
- ◇ People and their families living with severe, terminal or chronic illness
- ◇ Police, Firefighters, First Responders
- ◇ Former Dependency

Anyone who is struggling is welcome