

Meet Jessica Shaw



Dirigo Counseling Peer Support Specialist

I am a person with lived experience with mental health and substance use recovery who invested time in learning about Peer Support and since then that education has been life changing.

I live at home with 2 cats. I am in school at UMA and graduate in June with a Bachelors Degree in Mental Health and Human Services.

I understand now that the real value is in relationships, and I can't wait to form one with YOU!

Dirigo Counseling Clinic

Challenges • Choices • Changes

Join Us For Our Peer Group Wednesdays @ 10am

Where: Dirigo Counseling
557 Hammond Street
Bangor, Maine 04401

WE WILL DISCOVER TOGETHER:

CONNECTION

That relationships and getting to know each other and others in the community are often about giving and receiving.

WORLDVIEW

In getting to know one another we will help each other understand how we have come to know what we know, and adopted it as or truth.

MUTUALITY

We can start redefining help as a co-learning and growing process that exists in some of our helping relationships.

MOVING TOWARDS

In this process of helping each other we can begin to move towards what we want instead of away from what we don't want.

I would love to hear your ideas regarding activities we can do together and I love feedback so we can develop a group that is of mutual benefit!

Call (207) 973-0505 to RSVP today!