



# Self Help Entrepreneurship



SELF HELP &  
PEER SUPPORT

## What are Self Help & Peer Support services?

Self Help & Peer Support services are offered by people and for people who have experienced a mental health and/or addiction issue. Our vision is hope and support for recovery through the shared lived experience. *We believe recovery is possible!*

## Self Help and Entrepreneurship

Self Help entrepreneurship services are for those experiencing a mental health and/or addiction issue and are interested in self-employment or starting their own business. Using a self help approach, all aspects of business planning can be explored, including:

- Market Research
- Legal Considerations
- Required Skills for Certification
- Pricing Strategies
- Promoting and Advertising
- Financial Considerations
- Networking and Business Ethics
- Business Registration and Taxes
- Business Start-up

A self-help approach means the person supported is actively involved with every aspect of developing their business, including all decision making. Success is determined by the individual: working at the individual's pace.

Participants will ideally develop a business strategy or plan to guide their self employment activities.

## A Little Inspiration

*"Take the first step, no more, no less, and the next will be revealed."*

- Ken Roberts

*"I begin by trying to get better at what I do."*

- Author Unknown

## How do I access entrepreneurship services?

To learn more about this service, contact Swapna Viswanathan at: 1-844-264-2993 x 4024 or [sviswanathan@cmhaww.ca](mailto:sviswanathan@cmhaww.ca)

You can also visit our website: [www.cmhawwselfhelp.ca](http://www.cmhawwselfhelp.ca)

## Self Help & Peer Support Locations

### Cambridge

1-9 Wellington Street  
Cambridge ON N1R 3Y4  
P: (519) 623 6024  
TF: 1 (844) 264 2993

### Guelph

207-147 Wyndham Street N. Guelph  
ON N1H 4E9  
P: (519) 763 4014  
TF: 1 (844) 264 2993

### Kitchener

67 King St. E.  
Kitchener ON N2G 2K4  
P: (519) 570 4595  
TF: 1 (844) 264 2993

## Privacy

At CMHA WW, your privacy is paramount. To learn more about our privacy policies, visit:

[www.cmhaww.ca/privacy](http://www.cmhaww.ca/privacy)



Canadian Mental  
Health Association  
Waterloo Wellington

Association canadienne  
pour la santé mentale  
Waterloo Wellington