**What is Peer Support Group?**

Peer Support Group (PSG) is a monthly gathering for adults with intellectual & developmental disabilities who use signs and gestures to communicate. PSG members may be D/deaf, Hard of Hearing or non-verbal/hearing. The focus of these meetings is to enhance communication skills through structured - and fun - activities. PSG events increase member’s communication, which improves access to health, safety and vocational services.

**Meetings**

Meetings are held in the Portland area and in the Lewiston/Auburn area. Meetings can also be held in other areas by request - we'll come to you! New or interested members are welcome to attend any meetings. Topics for our meetings may include: communication issues, health and wellness, legal rights, dental hygiene, medical rights, signing and gesturing, tax information, summer safety issues, and disaster response.
EVENTS AND ACTIVITIES

Events are organized throughout the year and can be a part of our monthly meeting or arranged on another day each month. Events may include: Sea Dogs Games, PSG Dance, Clothing Swap and Spaghetti Supper, Deaf Awareness Day at Fun Town/Splash Town, Sign Tree Camp, visits to local museums, and other outdoor activities.

TO GET INVOLVED, CONTACT

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