



*Erie Shore Network
supporting our peers
for over 25 years!*

Erie Shore Network is a non-profit, peer-run, mental health organization that has been in business for over 28 years. We take pride in the fact that for many years, we have been advocating for a positive change in the mental health system and the lives of those who live with mental illnesses such as major depression, bipolar disorder, schizophrenia, etc. Our members work hard on their recovery and pay it forward by encouraging others to do the same. The work we do at ESN is transformative for the members. Witnessing the power of peer support magically change the lives of the members of our organization and playing a part of that transformation is priceless.

Our organization is a welcoming place for people who live with severe and persistent mental illness to find connection, purpose, as well as empowerment to take charge in their recovery and live a self-directed, healthy, productive life. ESN provides vital peer support services to our diverse membership completely free of charge. Our clubhouse environment offers members a safe place to support, and be supported, by their peers. Members create long lasting friendships through our social events, as well as gain the education, supports, advocacy, resources, and skills to better care for themselves both mentally and physically through our support groups and educational programs. We also welcome members to utilize our pool table and game room, TVs, and our reading room to just and out, relax, and visit with others. There are also annual events that are always a big hit. All of our programs and activities are either developed by or are geared toward the needs of our membership. We want to help members become the best that they can be, according to their own standards, and not the standards of others. We appreciate that every person has a unique and wonderful gift to share with the world and we encourage members to use those gifts to lift one another up!

The big event happening at ESN currently is that we are trying to raise funds to add a therapy/facility dog to our agency. Funds will be used to purchase, train, and care for a certified facility/therapy dog for Erie Shore Network, Inc. Some of the many benefits that our members will gain by having a dog in our facility include calming and relaxing, lowering anxiety, alleviating loneliness, enhancing social engagement and interaction, normalizing heart rate and blood pressure, reducing pain, reducing stress, reducing depression and increasing pleasure. We have created a Facebook fundraiser where people can make donation. You can also contact Executive Director, Brenda Baum to find out other ways to donate.

If you or someone you know have a severe and persistent mental illness and need support, contact Erie Shore Network, and let us help you realize your Best You! Check us out on Facebook or on our website at ErieShoreNetwork.com. You can also stop into the office at 326 E. Market St., Sandusky, of call 419-626-2006.



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