



# OBIA

ONTARIO BRAIN INJURY ASSOCIATION

education • awareness • support

## Get Connected with Peer Support

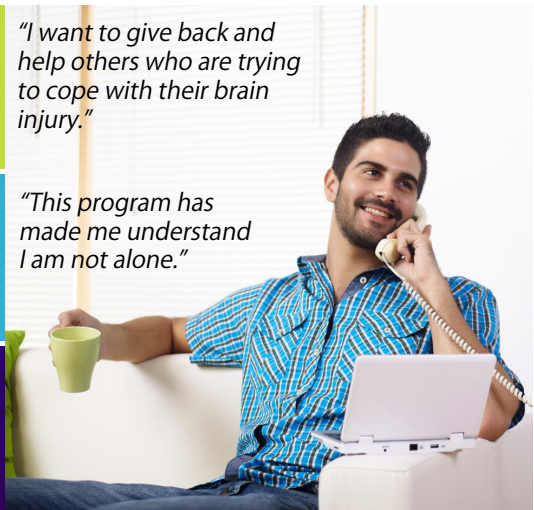
OBIA's Provincial Peer Support Program connects persons with lived experience (the Mentor) with an individual who is living with the effects of acquired brain injury and who requires support (the Partner). The program is available, **at no cost**, to survivors' family members and/or unpaid caregivers.

### MENTOR

*"I want to give back and help others who are trying to cope with their brain injury."*

### PARTNER

*"This program has made me understand I am not alone."*



Mentor/Partner matches are time specific and are made based on similar experiences, needs and personal interests. The program is coordinated through local affiliated brain injury associations across Ontario, making it possible for people to be 'matched' province wide.

Funding for the Provincial Peer Support Program is provided by:



**Ontario**

Hamilton Niagara Haldimand Brant Local Health Integration Network

Réseau local d'intégration des services de santé de Hamilton Niagara Haldimand Brant

Development Sponsors:



# PEER SUPPORT PROGRAM

for people living with the effects of an acquired brain injury (ABI)

## Why be a Partner?

As a Partner in the program, you have the opportunity to learn from someone "who has been there" and can offer you guidance and support based on their own personal experiences living with ABI. Support is provided to you via the telephone or internet, based on your preference. This allows you to participate in the program from the comfort and privacy of your home.



**PARTNER**

## Why be a Mentor?

As a Mentor, you have the opportunity to help others by sharing your experiences and by providing support and information to your Partner who has similar lived experience. If being a Mentor is of interest to you, you will undergo comprehensive training in your own community prior to being matched with a Partner.



**MENTOR**



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