



# BRAIN INJURY

ASSOCIATION OF WINDSOR/ESSEX COUNTY



## Peer Support Program for People Living with Acquired Brain Injury

The Brain Injury Association of Windsor & Essex County offers a Peer Support program and has opportunities to help deliver this program!

To find out about how to become a Mentor, you will talk with the Peer Support Coordinator at your Brain Injury Association to find out if volunteering as a Mentor is right for you. After a screening interview, you may be invited to a day of training to help you learn the basic skills that are required.

You will learn how to;

- ❖ Offer a listening ear as partners sorts through the effects of ABI on their lives
- ❖ Share personal experiences in coping with injury
- ❖ Share strategies and resources that worked for you
- ❖ Support the partner as they figure out the strategies that might work for them

After training, you may be matched with a Partner who is facing similar problems and challenges that you have.

The Peer Support program is open to all adults (16 years and older) who have sustained a brain injury, or who have a family member, partner or friend of a survivor - people living with ABI.

All contact with your Partner is **through phone or email**. In most cases, you can expect to talk to your Partner about once a week. Together you'll decide how long you want to talk, and what time suits you best.

The Peer Support program can be a great way to contribute to your local Brain Injury Association and your community, and to gain valuable skills and experience.

For more information, contact:  
Peer Support Coordinator  
BIA of Windsor & Essex County  
(519) 981-1329

