



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 convenient and confidential Peer Support program that can help!

You can be matched with a volunteer Mentor who has faced similar problems and challenges as you may be experiencing now

Mentors have been trained to;

- ❖ Offer a listening ear as you sort through the effects of ABI on your life
- ❖ Share their experiences in coping with injury
- ❖ Share strategies and resources that worked for them
- ❖ Support you while you figure out the strategies that might help you

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 who has sustained a brain injury – people living with ABI.

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

The Peer Support program for people living with ABI can be a great way to support efforts toward recovery, and complements professional services.

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

