



Welcome to the Peer Mentor Program!

We hope you find it helpful to speak with someone who “gets it”.

What a peer mentor can offer:

- Peer support for individuals affected by cancer, whether it is your diagnosis **or** you are supporting someone with a diagnosis.
- Assist you in recognizing that you are not alone with your cancer experience and help you move forward in some way.
- Provide space, without passing judgment, for discussing cancer related life experiences, feelings, and issues with someone who has experienced similar situations.
- Connect over the phone, text, or email.



How are matches made?

Matches are based on concerns that are self-identified as being important to you (i.e. age, gender, lifestyle, culture or circumstance). We cannot guarantee matches based on the same diagnosis, however we can look for similarities in treatment and other life experiences to find the best fit possible with a peer mentor.

If you feel like your peer mentor is not the best fit for you, please let us know and we would be more than happy to try again or look into alternative supports.

Please note: We only offer peer support for cancer-related issues. We do not offer therapy. If you require a different kind of support, we are more than happy to refer you to other local resources.

Wellwood

