



# What does it mean to be a Peer Mentor?

## What can Peer Mentors help with?

- Peer support is offered to individuals affected by cancer, whether they have a cancer diagnosis or support someone with one.
- Peer mentors assist individuals in recognizing that they are not alone with their cancer experience and help them move forward in some way.
- They also provide space, without passing judgment, for discussing cancer-related life experiences, feelings, and issues with someone who has experienced similar situations.



## What does the peer relationship entail?

Peer mentors are meant to be able to connect with mentees over shared lived experience with cancer-related issues, be an understanding listening ear, and provide emotional support. Mentors are **not** there to counsel or advise, as mentors are not therapists or counsellors. Relationships should have a very natural course and may end when the conversation consistently strays from topics not relating to cancer. The relationship may also be over if the mentee expresses they no longer need support, or if the mentor believes that the mentee requires support that is above the mentor's capacity in this role. If you believe that the support the mentee requires is beyond your scope, please notify staff. Above all, we want to make sure that you feel well supported in your role and we will be able to help you navigate any of the more challenging situations that arise.

