



## **Peer Support**

Peer support is an important part of recovery from ABI. Research shows peer support can assist ABI survivors and their families in managing both the navigation of services and programs available, but also the personal needs of survivors of ABI and their caregivers. Peer support provides emotional support and well-being and improved health and quality of life.

**Peer Support** is emotional and practical support between people who share a common experience, such as an ABI. A Peer Support Volunteer has lived through a similar experience, and is trained to support others. - defined by Peer Support Canada

### **This includes:**

- Providing emotional and practical support
- Sharing knowledge, experiences, hopes and concerns
- Listening to a person's feelings and needs following an Acquired Brain Injury

### **We currently offer the following Peer Support Programs at NBIS:**

- Hospital Peer Support
- Client Coffee Drop-In
- Life After ABI: Peer Education and Support Program - This 8-week program, conducted in 8 x 90 minute sessions will provide participants with the opportunity to learn the tools to help with the ongoing challenge of rebuilding their lives post ABI. The program material will be done in a group setting and participants will have the chance to share their experiences and acquire new skills.

Themes/topics for the sessions will include but not be limited to:

- Life after ABI
- Rebuilding your Life
- Managing Energy
- Attention and Focus
- Goal Setting and Planning
- Managing Memory Challenges
- Building self-confidence and self-identity

Next session: October 1st to November 19th, 2019

Current status: **FULL**

For more information please contact our Community Navigator Mick Timbrell:

1. 250-753-5600 Ext. 203
2. [mick@nbis.ca](mailto:mick@nbis.ca)
3. By text 250-268-3959

### **How to Enrol:**

If you'd like to attend one of our peer support programs, please contact our [Community Navigator](#) for a [referral form](#) or drop by our office during [opening hours](#).

### **[overview\\_of\\_peer\\_support\\_.pdf](#)**

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