



THE ONTARIO

caregiver
ORGANIZATION

PEER
SUPPORT



1:1 Peer Support Program

If you support someone in need and feel anxious and overwhelmed with your caregiving responsibilities, you're not alone. We all face challenges on the caregiving journey which is why it is important that we connect with our fellow Caregivers and lend one another support. The Ontario Caregiver Organization's 1:1 Peer Support programs are here to help you.

An OCO trained peer mentor will:

- 'Just be there'/Listen
- Provide encouragement, support and acceptance
- Acknowledge a caregiver's strengths
- Share lived experience and give real life examples
- Discuss a caregiver's wellbeing
- Celebrate any goals the caregiver achieves
- Be someone for a caregiver to bounce ideas off

Sign up to become an OCO Peer Mentor and help other caregivers as they navigate their journey, today.

Sign up as a Caregiving Participant and easily connect by phone or by online/virtual discussion with your mentor without leaving your home.

Visit our website to learn more about our 1:1 Peer Support programs

ontariocaregiver.ca

We are always here to answer your questions. Please email us at: peersupport@ontariocaregiver.ca



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