



THE ONTARIO

caregiver
ORGANIZATION

PEER
SUPPORT



Sign up to help another Caregiver today

Become an OCO Peer Mentor

Mentoring is a method of passing on lived experiences to support another caregiver in an empowering and meaningful way. Anyone who has been a caregiver will know that the caregiving role presents many challenges. These challenges will be different for every caregiver and from time to time support will be needed.

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

Why Are Caregivers Looking for Support from a Peer Mentor?

A Peer Mentor has a wealth of experience and knowledge which can help another caregiver with the challenges of their caregiving situation. Caregivers share a common identity and can create a bond through sharing their experiences.

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 of

We ask all interested candidates to commit to participating in the program for a minimum of one year. We ask for a time commitment of 1-2 hours a week. As part of our screening, Peer Mentors are required to complete a reference check and a Criminal Records Check.

For more information contact
peersupport@ontariocaregiver.ca



We're here to help. 

Register today

180 Dundas Street West, Suite 1425, Toronto, ON M5G 1Z8

T 416-362-2273 E info@ontariocaregiver.ca 24/7 Helpline 1-833-416-2273



ontariocaregiver.ca

Funded by:



The views expressed are the views of The Ontario Caregiver Organization and do not necessarily reflect those of the Province.