



Get to know the power of talking with someone who really understands what you're going through.

An injury or diagnosis of a mobility disability is frightening and overwhelming – for both the individual with a mobility disability and the family and friends who provide support. Adjusting to life with a mobility disability, and the ongoing challenges it presents as one ages, is difficult. It can lead to isolation, inactivity, depression and a sense of despair that comes from not seeing what opportunities exist.



— PEER —
MENTORSHIP
PROGRAM

Ability NB offers
“SOMEONE WHO’S BEEN THERE”
as a mentor, role model and connector. Peer mentor volunteers have personal experiences with a mobility disability and have made positive personal adjustments. Through the wisdom of those who have experienced similar difficulties and found ways to succeed, our Peer Mentorship Program helps people with a mobility disability overcome difficulties, see their opportunities and thrive within our communities.



**ONE-ON-ONE
PEER MATCH CONNECTIONS**

Ability NB's one-on-one peer match connections provides trained volunteers who live with a mobility disability or their family members who are natural helpers and connects them with someone who has gone through similar challenges as a result of an injury or onset of a disability. Peer matches are one-time encounters. Matches may take place in person, by phone or virtually.

**ONE-ON-ONE
PEER MENTORSHIP**

Ability NB's one-on-one peer mentoring develops a longer-term support relationship with someone who really knows what the person with a mobility disability or family member is going through. The program participant is matched with a trained volunteer peer mentor who has a similar background as the person requesting the mentorship. Peer mentors will meet at least monthly with the program participant for at least one year. Matches may take place in person, by phone or virtually.

**PEER SUPPORT
GROUP CONNECTIONS**

Ability NB offers group support, discussions in person, by phone or virtually dependent on regional needs. These sessions may include coffee clubs, or information sessions with guest speakers. Linkages are also made to parallel sport and recreation initiatives through our Para NB – Sport & Recreation program for group physical activities (e.g., chair yoga, bocchia, sledge).

**WHAT ARE THE BENEFITS
OF PEER MENTORSHIP?**

- Hope
- Confidence
- Learning new skills and resources
- A new picture of success
- Better quality of life
- Meeting new people & making new connections.

**WHO MAKES
A GOOD MENTOR?**

A good mentor is someone who wants to make a difference and is able to encourage others. Someone who is:

- Passionate about making a difference
- Encouraging to others
- Comfortable sharing personal experiences
- Has a positive outlook
- Motivated
- Optimistic
- Compassionate
- Trustworthy
- Patient
- Caring
- Emotionally healthy
- A strong relationship builder
- An effective communicator
- Manages difficult situations well
- A great role model and coaches by example.

**Want to
join our
mentorship
program?**

As a Mentor?
(someone who offers mentoring)

Or Mentee?
(someone who receives mentoring)



CONTACT:



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