



## *Receive support adjusting to life with a brain injury*

- *I'd really like to talk to someone who understands what I'm going through*
- *Sometimes I just need a little extra help sorting through all of the information*

The Peer/Mentor Support Connection program matches individuals with a brain injury or their family members (Peers) with trained volunteers (Mentors).

With ongoing guidance from the Brain Injury Association of Minnesota, Peers connect with Mentors for support, encouragement and ideas. Peers possess a willingness to have a Mentor's support with concerns including:

- Quality of life
- Support from family, friends and the community
- Daily living issues

Peers share challenges and accomplishments with their Mentors to gain a better understanding of the process of adjustment to life with a brain injury.

Mentors are volunteers who have a personal experience with brain injury. For up to one year, Peers and Mentors connect by phone or computer at mutually convenient times. Mentors are not therapists, but are trained volunteers who can share information about brain injury from a personal perspective.

### **To find out more...**

Contact the Brain Injury Association of Minnesota  
612-378-2742 or 800-669-6442  
[www.braininjurymn.org](http://www.braininjurymn.org)



## *Be a Mentor to someone affected by brain injury*

- I really want to help someone who's going through what I've been through*
- I know it can be hard adjusting to life with a brain injury and I'd love to share what I've learned*

The Peer/Mentor Support Connection program matches trained volunteers (Mentors) with individuals with brain injury or their family members (Peers).

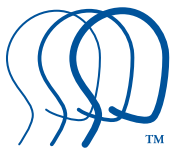
With ongoing guidance from the Brain Injury Association of Minnesota, Mentors volunteer to support Peers in the process of adjustment to brain injury, address the challenges associated with brain injury and appreciate their accomplishments. They provide a confidential, consistent source of support. For up to one year, Mentors and Peers connect by phone or computer at mutually convenient times.

Mentors can be an individual with a brain injury, a family member, partner or friend of an individual with a brain injury, or a caring community member.

Mentors are interviewed, screened and trained before being matched with Peers to provide the best possible experience for both. Efforts are made to match Mentors with Peers who have similar backgrounds or circumstances.

### **To find out more...**

Contact the Brain Injury Association of Minnesota  
612-378-2742 or 800-669-6442  
[www.braininjurymn.org](http://www.braininjurymn.org)



**Brain Injury  
Association  
of Minnesota**