

Teaching Inspiring Motivating Empowering

Looking for more?
Check your area of interest:

- ___ Transportation
- ___ Housing
- ___ Employment
- ___ Education
- ___ Self-Advocacy
- ___ Benefits (SSDI, SSI)
- ___ Guardianship Alternatives
- ___ Healthy Living
- ___ Assistive Technology
- ___ Recreation
- ___ Other

NAME: _____

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Serving Alcona, Arenac, Bay, Clare,
Gladwin, Gratiot, Iosco, Isabella,
Midland, Ogemaw, Roscommon, and
Saginaw counties.



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PEER MENTORING PROGRAM

What is Peer Mentoring?

A Peer Mentor is a person with a disability who has learned successful life strategies through their own experiences.

A Peer Mentor is different from a counselor or a supports coordinator. Peer Mentors do not tell peers how to live their lives. They offer the benefit of empathy through previous experience.

A Peer Mentor...

- ◆ Knows that being a self-advocate starts with independence.
- ◆ Knows the benefits of living independently.
- ◆ Has good inter-personal skills.
- ◆ Knows how to help individuals integrate into their community.
- ◆ Involves friends and family as determined by the individuals they support.



"The Peer Mentor Program has really helped me build my self-confidence and even make new friends!"



How Can Peer Mentors Help You?

Peer Mentors can help guide you towards greater self-advocacy, empowerment, and personal responsibility for your own success.

A Peer Mentor...

- ◆ Builds bridges to people and resources with their community.
- ◆ Helps you help yourself
- ◆ Offers empathy, not sympathy.
- ◆ Assists you in building your own independent lifestyle.
- ◆ Encourages and supports you through their own life experiences
- ◆ Helps you take control of your life
- ◆ Helps you with your Person-Centered-Plan goals.