

Who can request a meeting with a peer mentor?

- Current or former Craig Hospital patients
- Community members living with spinal cord and/or brain injury
- Families and/or caregivers of current or former Craig Hospital patients
- Families or caregivers of individuals living with spinal cord and/or brain injury

Who can become a peer mentor?

- Individuals living with spinal cord and/or brain injury
- Family members
- Caregivers

Want to learn more about becoming or being connected with a peer mentor?

craighospital.org/peer-mentor

Contact the Peer Mentor Program

- peermentors@craighospital.org
- 303.789.8017

Peer Mentor Program Facebook Group

facebook.com/groups/craigpeermentor



Contact Us:

peermentors@craighospital.org
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Learn More + Access Resources

craighospital.org/peer-mentor



PEER MENTOR PROGRAM



SCI Model System Center since 1974
TBI Model System Center since 1998

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What is the Peer Mentor Program?

The Peer Mentor Program at Craig exists to foster connections between people in the community living with spinal cord injury or brain injury. After medical care and therapies, there can be a gap into the unknown for individuals who are re-entering their communities. A peer mentor can help bridge that gap by providing insight into what life may look like for them and sharing stories of their life experience to offer a glimpse into living with a disability.

Meeting With a Peer Mentor

Meeting with a peer mentor looks different for everyone. Peers may be matched based on similar diagnosis, age, experiences and interests. Support is provided for individuals living with spinal cord injury and/or brain injury and also for their caregivers and families.

Peer mentors are volunteers who have completed all required peer mentor training. They provide support to others with spinal cord and/or brain injury, family members or caregivers.

How Peers Can Connect

- Peer Mentor Program gatherings and dinners
- During Craig Hospital therapy sessions
- Therapeutic Recreation activities
- One-on-one meetings and activities
- Weekend and evening opportunities
- Group events and outings in the community
- Long-distance conversations through phone calls, text, video conferencing and email



Participation in the Peer Mentor Program Can Provide:

- Tips and tricks for activities of daily living
- Emotional support
- Companionship and friendship
- Social connection
- Opportunities to learn new recreational activities
- Connection to local resources and groups

