

What is Family to Family Connections?

Family to Family Connections connects families with trained Peer Mentors who have already been through a similar experience.

Peer Mentors are available to talk about:

- a new diagnosis
- a medical procedure
- navigating the health system
- partnering with the healthcare team
- the experience of having a child/youth with a health concern, condition, or disability
- resources and supports in the hospital and in the community

Peer Mentors connect with families one to one, usually over the phone. They also support families at the bedside and in group settings.



More Information

We'd love to hear from you!

Please contact us to:

- request a connection,
- volunteer as a Peer Mentor, or
- partner to bring peer mentorship to your service area

Contact
Family to Family
Connections Coordinator
403-955-7187
Toll Free: 1-877-943-3272
F2FConnections@ahs.ca

Go to **fcrc.ahs.ca** and click on Family to Family Connections



FAMILY TO FAMILY Connections



PEAS - Pediatric Eating and Swallowing Provincial Project
peas.ahs.ca



**IT HELPS TO TALK
TO SOMEONE
WHO'S BEEN THERE**



Ways We Mentor

We partner with various services to connect families to Peer Mentors.

Here's some of the ways Peer Mentors get involved:

- **One-to-one connections:** a requesting family member is connected to the appropriate Peer Mentor based on the needs and concerns of the requesting family.
- **Bedside connections:** Peer Mentors go room to room in the hospital providing newly admitted families with information about the hospital, supports available, and tips on partnering with their healthcare team.
- **Co-facilitate groups:** Peer Mentors participate in sessions offered to families to share their experiences, offer helpful strategies, and provide a sense of hope.

“Peer mentorship has provided a unique and invaluable form of support for our NICU families. It has provided families with hope and guidance, empowered parents to ask questions, and given them the confidence to be part of the NICU team.” ~ACH NICU

Request a Connection

Do you want to talk to a Peer Mentor who had a similar experience to what you are going through?

Call our Coordinator who will talk to you about your need for information and support.

The Coordinator will connect you with a Peer Mentor who will contact you to set up a time to talk.

You and your mentor can continue to connect for as long as it is helpful to you.

“It was really helpful speaking with a mentor and getting to ask questions to someone who has actually experienced a similar situation to ours. I feel much better having been able to speak with her and have many new ideas and a lot of really helpful insights as a result of our conversation.” ~Requesting Family Member

Become a Peer Mentor

Are you interested in sharing your experiences and supporting other families?

We are looking for individuals who have significant experience with a child/youth health concern, condition, or disability. You may be a parent, other family member, or youth.

Peer Mentors are adjusted to their situation, have good listening skills, and are comfortable sharing about their experiences.

As a Peer Mentor you will receive training and ongoing support.

To volunteer ...

- Fill in the volunteer application
- Meet with the Coordinator for a screening interview
- Complete a training session
- Register as an AHS volunteer

“I love being able to help other families navigate through their journey.” ~Peer Mentor

