

## Peer Support Program for Persons with Physical Disabilities



**A program for persons with a physical disability  
and their family**

If you are interested in getting together with others to share your experiences and knowledge, Peer Support may be what you are looking for.

Our Peer Support program assists persons with physical disabilities to achieve independence, self reliance and full community participation.

**Have fun, learn new interests, find new talents, meet  
new people and get out into the community!**

**Participate or Become a Volunteer**

**For more information or to register, please contact:**

Jamie Holmes, Peer Support Coordinator  
Telephone: 705-673-0655 ext. 423  
E-mail: [jamie.holmes@ican-cerd.com](mailto:jamie.holmes@ican-cerd.com)

### Who is Eligible?

- Persons with a permanent physical disability
- 16 years of age or older
- Have a valid OHIP card
- Able to have medical/professional needs met by existing community health network
- Capable or potentially capable of directing services
- Able to be left safely unattended (assistance is by appointment)

### Activities Include:

- Community Groups & Services
- Leisure Activities
- Sharing Experiences
- Self Care
- One-on-one Support
- Family Support
- Relationships

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