

Information and Support Peer Services

Paraquad's Peer program matches participants with peer mentors who have similar disabilities. Mentors share their experiences with participants who are new to having a disability or going through a life transition.

Program participants will partner with Peer Mentors on topics including:

- Living with a disability
- Building self-confidence
- Managing care
- Quality of life
- Independent Living philosophy
- Relationships

Mentors must pass a background check and complete training before being paired.

Paraquad's Peer Support Groups provide participants with information, resources, and opportunities to participate in social activities. Participants support each other by sharing their experiences, coping strategies, resources, and by celebrating small victories and major milestones.



For more information, call (314) 289-4200 Monday through Friday from 8 am to 5 pm or email contactus@paraquad.org



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 **Paraquad**
Making Independence Accessible