

Peer Support Connection



CLF's Peer Support Connection Program

provides supportive, 1-on-1 connections for patients navigating concussion and persistent post-concussion symptoms (PCS/PPCS).

Visit ConcussionFoundation.ca/Peer-Support to connect with a trained volunteer.

The CLF Resource Center

- [CLF Zoom Support Groups](#)
- [CLF Facebook Resource Groups](#)
- [1-on-1 Support](#)
- [CLF HelpLine](#)

Peer Support

PCS/PPCS patients can submit a request to connect with a trained peer support volunteer by [clicking here](#) or scanning this QR code:



Connect with Support

Connection for:

- Concussion or PCS/PPCS patients

To supplement but not replace professional medical and mental health care.

Connection to:

Experienced Peer Support Volunteers to listen, answer questions, and share what they have learned.

Connection by:

- Text
- Email
- Phone
- Video chats
- Voice messages

Learn More: ConcussionFoundation.ca/Peer-Support