

## **Our Mentoring Program could be for you ...**

*If you are living with a brain injury and interested in sharing the knowledge you have gained.*

*If you are a newer member of the brain injury community and would like a partner to show you 'the ropes'?*

*If you are supporting a family member with a brain injury and willing to help another family member to find their way?*

*If you are supporting a family member with a brain injury and would like a partner to show you 'the ropes'.*



*TBI Families Share helps bring people together to talk about living with a brain injury.*

Both the mentor and the partner learn from one another.

My mentor/partner is ...

“The Best Listener”

“A Networker”

“My Individual Support Group”

“An angel”

“My Greatest Teacher”

“Interested in talking with me about living with brain injury”

“Able to provide the answers to my questions”

“My favorite email partner”

“AN ADVOCATE”

### **Brain Injury Association of Tennessee**

955 Woodland Street  
Nashville, TN 37206



**1-800-444-6443**

**[www.BrainInjuryTN.org](http://www.BrainInjuryTN.org)**

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**TBI Families Share**  
A program of the Brain Injury  
Association of TN

*Peer Mentor Program  
for People Living  
with Traumatic  
Brain Injury*



A mentor is someone  
whose hindsight  
becomes your  
foresight

 **BRAIN INJURY  
ASSOCIATION**  
OF TENNESSEE



## BE A MENTOR

You could help someone by sharing your experiences.

If you have been living with a brain injury, you may want to *be* a mentor for someone who can benefit from your knowledge.

If you are a family member of a brain injury survivor, you may want to share your knowledge with another family member.

Taking the time to make a telephone call or send an email can make a difference in someone's life.

You do not have to be a counselor. You only have to be there to listen and to offer your support.

## HAVE A MENTOR

You could be helped by someone sharing their own experiences.

If you have been living with a brain injury, you may want to *have* a mentor. You might like to speak with someone who has experience because of their own brain injury.

Are you a family member feeling a bit lost and think someone who has 'been there' can help you navigate the paperwork and understand *your* need for a shoulder to lean on too?

Perhaps you would like to communicate by phone or email with someone who has learned how to successfully navigate their lives following a brain injury.

## BECOME A MENTOR

**Everyone Wins!**

**Today you are learning...  
Tomorrow you are helping others...**

**When you teach, you learn.  
When you learn, you teach.**



*"We often become what we believe ourselves to be. If I believe I cannot do something, it makes me incapable of doing it. But when I believe I can, then I acquire the ability to do it even if I didn't have it in the beginning."*

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Find out more! Call the Brain Injury Association of Tennessee! 1-800-444-6443