

## Pancreatic Cancer Peer Support Program

We understand that a diagnosis of pancreatic cancer, either as a patient or as a loved one, can be emotionally overwhelming. Talking with someone who has had personal experience with this unique cancer can help you find comfort, understanding and strategies for moving forward. Talking to someone can make you, or your loved ones, feel less alone.

Working with Wellspring's respected peer support program, Pancreatic Cancer Canada has a team of peer support volunteers who have personal experience with pancreatic cancer. These volunteers are best able to understand your needs and deliver compassionate, personalized care free of charge.

You can connect privately with a pancreatic cancer Peer Support Volunteer in whatever way is most comfortable for you:

- **Over the phone**
- **Using a video conferencing service, such as Skype, or**
- **In person at a participating Wellspring centre**

When you reach out seeking support you will typically speak to someone that same day. During the conversation, you will be invited to share your story, your circumstances and express the concerns and feelings you might have. Peer Support Volunteers are ready to listen, answer questions and provide resources for further help.

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### Contact Peer Support Today

If you feel this type of support would be helpful to you, please complete the short contact form by visiting [pancreaticcancercanada.ca/wellness-support](http://pancreaticcancercanada.ca/wellness-support) or by calling 1-877-499-9904, to quickly and efficiently schedule your appointment with a pancreatic cancer Peer Support Volunteer.



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**Have you been on this journey and want to help others as a Peer Support Volunteer? Contact Amanda ([ajodoin@pccf.ca](mailto:ajodoin@pccf.ca)) for information on the next recruitment and training program.**

