



LIVE +
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CONNECT

One-to-one
peer mentoring

Sometimes the best support is talking to someone who knows what it's like to live with cystic fibrosis.

The Cystic Fibrosis Foundation's one-to-one peer mentoring program connects adults (18 and older) living with CF with peer mentors who can share their own CF experiences. To learn more, visit www.cff.org/peer.

Connect with someone living with CF.

Although no two people with CF are the same, they do face similar challenges. Talk via phone or videoconference to someone who understands firsthand what it's like to live with CF and is willing to share his or her experiences on topics such as: transitioning to college, dating and relationships, starting or stopping work, getting a G-tube, considering a lung transplant and more.

Connect with a peer mentor.

GET STARTED IN 4 SIMPLE STEPS

- 1 Visit www.cff.org/peer to register.**
You can also call us at **240-482-2870**.
- 2 Expect a call within one week.**
We will call to discuss your experience and consider your needs. Once we make a match, we will connect you to your peer mentor.
- 3 Make the connection — and stay connected.**
Ask questions, share your story and get support from someone who knows what it's like to live with CF.
- 4 Follow-up.**
We'll follow up to make sure you are receiving the support you need.

Visit www.cff.org/peer today.

Be a mentor. Make a difference.

As someone living with CF, your story is unique. Become a peer mentor and share your experiences to help others with CF feel more confident in navigating their journey. If you want to volunteer as a peer mentor, visit www.cff.org/mentor or call **240-482-2870**.