



PULMONARY HYPERTENSION
ASSOCIATION OF CANADA

L'ASSOCIATION D'HYPERTENSION
PULMONAIRE DU CANADA

VOLUNTEER POSITION DESCRIPTION

PEER MENTOR

Peer Mentors are compassionate, trained individuals with personal experience living with pulmonary hypertension (PH) — either as patients or caregivers. They provide emotional support, encouragement, and guidance to community members navigating the PH journey. Through structured one-on-one communication, Peer Mentors help reduce feelings of isolation, build resilience, and share their lived experience in a safe, supportive environment.

Roles & Responsibilities

As a Peer Mentor with PHA Canada, you will:

- Support PH patients/caregivers by walking alongside them in their PH journey.
- Offer emotional support, share lived experiences, and provide encouragement — **not** medical advice.
- Commit to a six-month mentorship relationship with each mentee you are matched with.
- Hold at least one live conversation (30-minute) with your mentee each month (by phone or video call).
- Submit a monthly log of meetings.
- Attend a monthly virtual volunteer meeting or training.
- Complete feedback forms at the 3- and 6-month marks with your mentee.
- Participate in check-ins with the program manager as needed to reflect on your experience and troubleshoot concerns.

Requirements

- Must be a person living with PH, a caregiver, or a close family member/friend of someone with PH.
- Must be at least 2 years post diagnosis.

Time Commitment

- **Two-year commitment** to the program, supporting one or more mentees during that time.
- Dedicate 1–2 hours per month per mentee, plus an additional hour for monthly group meetings.



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Support & Training

- Complete the required self-directed Peer Mentor training program (8 hours in total).
- Participate in ongoing group trainings (max 10 hours a year).

Honorarium

- Peer Mentors will receive an honorarium of \$200 upon completion of the required self-directed Peer Mentor training program (8 hours)

For more information or to apply, contact Kimberly Brunelle at kbrunelle@phacanada.ca