

WANT TO GIVE BACK?

The experience and knowledge that survivors and caregivers provide is valuable to those starting their cancer journey. We encourage cancer survivors and caregivers to become a mentor for the opportunity to provide hope, inspiration, and courage to individuals newly touched by cancer.

Email peermentor@sentara.com
for more information

040220

PEER SUPPORT PROGRAM

IN PARTNERSHIP WITH





HELPING PEOPLE TOUCHED BY CANCER AT ANY STAGE, ANY AGE, ANYWHERE IN THE WORLD

How We Help Cancer Fighters & Survivors

Through the personalized and confidential matching process, cancer fighters are connected with someone who has experienced a similar cancer situation (a mentor). While each cancer experience is unique, our trained mentors can be matched by similar age, gender, and cancer type, giving fighters the chance to ask personal questions and receive support from a peer who is truly familiar with the situation.

How We Help Cancer Caregivers

Frequently, caregivers experience feelings similar to those of the person facing cancer. Imerman connects those caring for or grieving the loss of a loved one with a Caregiver Mentor who can help provide support and comfort throughout the journey. A loved one may be a family member (such as a child, parent, spouse, sibling or grandparent) or friend who has cared for someone with cancer.

OUR SERVICE IS FREE FOR EVERYONE

GET SUPPORT IN 6 STEPS

- 1. EMAIL peermentor@sentara.com**
to request a registration form
- 2. Email completed form to peermentor@sentara.com**
It takes just minutes
- 3. In 1 business day, Imerman will be in touch**
One of Imerman's staff members will call to discuss your experience and assess your needs
- 4. Imerman will find and introduce you to a mentor**
Our goal is to find your Mentor within 3-5 business days. Thank you for your patience, as special cases may take a little more time
- 5. Make the connection with someone who understands**
This part is up to you.
Your Mentor can simply be there to answer a few questions, or may remain available throughout your journey-or perhaps you'll find your next best friend
- 6. Imerman will follow up in three weeks but ...**
If your mentoring needs change and/or you need additional support please call us at 1-888-220-2214 or email peermentor@sentara.com

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sentara.com/cancer