

**Peer Counseling** – A peer counselor helps to promote personal growth by sharing their own experiences and explaining how they have coped with the “ups and downs” of having a disability. Counseling, teaching, information sharing, and similar kinds of contact provided to clients by other people with disabilities. This service is not based upon economic need.

**Peer mentoring** generally involves individuals with disabilities providing guidance, counseling, and advice to other individuals with disabilities based upon their own experiences and training and the experiences of others they know.

Some examples of Peer Counseling may include:

- Helping participants with new disabilities by sharing one’s own experiences through a one on one peer visitor
- Locating area support groups
- Provide peer support groups

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