

Peer Connect

For family physicians caring for patients with issues related to **mental health, substance use disorders, and chronic pain**—or those seeking knowledge and tools to support their own **wellness and prevent burnout**.

Supporting a patient's mental well-being and addressing substance use disorders and chronic pain issues can be challenging.

Peer Connect is here to help.

This program provides an empowering space to continue your learning journey in one-to-one or small group settings. It is also a space for building strategies that support a sustainable and fulfilling practice.

I have been very fortunate to have a very knowledgeable peer who has been incredible at helping me achieve a variety of different goals.

Peer Connect Participant



How does Peer Connect work?

As a Peer Learner, you will connect with a Peer Guide (a family physician colleague) to work collaboratively to identify and develop your strengths. This relationship is what makes Peer Connect a unique and engaging learning format. You will build on your existing skillset to bring practical approaches to addressing complex issues.

When you become a Peer Learner, you will:



Achieve goals that are meaningful to you and your journey as a physician



Gain skills to empower patients facing difficult and challenging issues



Stay up to date with the latest tools and knowledge to support you in your practice



Earn 1-credit-per-hour through this Mainpro+ certified program

About our Peer Guides

Your Peer Guide will support you in achieving your goals by providing insights from their own personal experience and expertise and highlighting your existing strengths.

How do I sign up?

Visit our website to become a Peer Learner.



Looking for additional practice supports?

Join our monthly Community of Practice.



www.ontariofamilyphysicians.ca/peerconnect


Ontario College of
Family Physicians

**Practising
Well**
Share.
Inspire.
Connect.