

DHF DIABETES
HOPE
FOUNDATION

MEET THE
Mentors

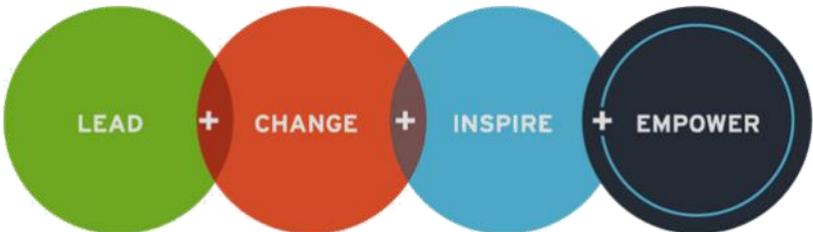
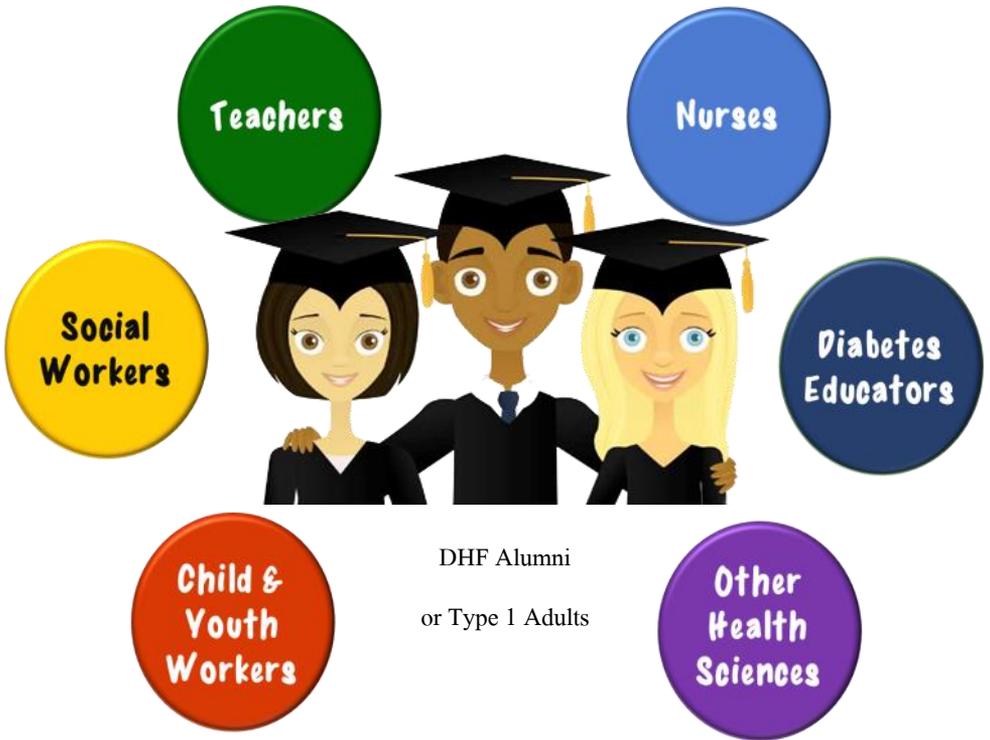


2022

Peer Support
Program

‘**T1D BUDDIES**’

Who Are Our Mentors?



Our Mentors Have:

- Completed police reference checks for working with vulnerable populations.
- Completed 12 hours of Mental Health First Aid Training and certified by Canadian Mental Health Commission.
- Received two full days of additional training, including Compassionate Fatigue Training, Emotional Intelligence Training, and Leadership Training.
- Committed to sharing their personal and lived experiences to offer peer support for youth with diabetes who need social and emotional support during periods of transition and stress.
- Supported by Mood Disorders Association of Ontario through monthly community of practice meetings.

HELLO
my name is

Simarbir



Location: Newmarket, Ontario

Areas of Study: Life Sciences

Years Living with Diabetes: 18 years

Hobbies/Interests: Watching movies and TV shows, reading, crochet, travel and running.

Statement: *I'm a huge movie and book fanatic! My favourite book is Six of Crows and my all-time favourite movie is How to Train Your Dragon. I love going to new places and trying new foods. I never thought I would like to exercise but I started running and couldn't stop. I hope I get to run a marathon one day. I'm not going to lie though most of my time is spent listening to music and crafting. I look forward to meeting you all!*

HELLO
my name is

Scotia



Location: Vancouver, British Columbia

Areas of Study: Psychology, Therapy

Years Living with Diabetes: 11 years

Hobbies/Interests: outdoor adventure sports, road cycling/triathlon, baking, avid audiobook listener.

Statement: *I grew up in Hamilton, Ontario, and attended Trent University where I completed my undergrad in Conservation Biology. I decided to move out to BC for my next adventure! For the past three years, I have lived in Fernie, Nanaimo, and now Vancouver BC. I currently find myself working for the Department of Fisheries and Oceans, and I am enjoying working with and learning more about BC's Pacific salmon. In my downtime I love to bake celiac-friendly gluten-free desserts, and you can always find me with an audiobook on the go!*



HELLO
my name is

Kristin

Location: Richmond Hill, Ontario

Areas of Study: Child and Youth Care, Education, Mental Health, Autism

Years Living with Diabetes: 21 years

Hobbies/Interests: Sports & Fitness, Cooking, Reading, Poetry, Music, Social Media, Colouring, Puzzles & Games, People, Learning, Volunteering, Spending time with Family and Friends.

Statement: Hello and welcome, I look forward to hopefully becoming your mentor and talking with you about all things diabetes as well as things to do with anything else you'd enjoy. Talk soon 😊



HELLO
my name is

Tasfia

Location: Toronto, Ontario

Areas of Study: Psychological and Health Sciences

Years Living with Diabetes: 15 years

Hobbies/Interests: Reading, road trips, foreign media (Kdramas), finding the best way to cook a simple dish and a special love for learning new languages!

Statement: Hi! I'm 18, but I like describing myself as a 5 year old and a 50 year old crammed into one soul. Whether you need wisdom or a laugh, a conversation with me usually involves both! I like traveling with family and being in nature, and I'm an avid believer that the journey is often more beautiful than the destination. DHF has introduced me to a large community of T1D's and it's the best thing ever having a mentor and friends who can guide and support me, which is why I would love to be that person for someone else!

HELLO
my name is

Ethan



Location: Mississauga, Ontario

Areas of Study: Health Sciences

Years Living with Diabetes: 6 years

Hobbies/Interests: Soccer, weight lifting, DJ'ing, running, traveling, music and photography.

Statement: *I'm 18 years old, and currently in my first year at McMaster University in Hamilton, Ontario. I believe this program is a great way to meet new people, and an amazing source of support to navigate the ups and downs of managing diabetes. Looking forward to meeting you!*

HELLO
my name is

Heather



Location: Downeyville, Ontario

Areas of Study: Teacher Education, Indigenous Studies, Bachelor of Arts

Years Living with Diabetes: 6 years

Hobbies/Interests: Writing/singing songs, playing piano and guitar, biking and going for walks, watching comedies, painting, and reading.

Statement: *Hi! I love everything to do with music, and I'm always open to new recommendations. If I'm not writing songs or listening to soundtracks from movies/musicals, I'll probably be taking hikes or walks around Trent University. When I graduate, I hope to teach in BC or somewhere internationally. I was 12 years old when I was diagnosed with type 1, and after 6 years, I quickly learned that diabetes isn't something that has to hold anyone back from their passions. I learned a lot from members of my community who also have type 1 diabetes, and I'd love to be that person and source of support for someone else.*



HELLO
my name is

Alison

Location: London, Ontario

Areas of Study: Biochemistry & Radiation Therapy

Years Living with Diabetes: 20 years

Hobbies/Interests: I love playing card, board, video, lawn, and pretty much any game, nature walks, watching movies/tv, sewing/quilting.

Statement: *I've definitely had highs and lows living with diabetes, as I'm sure we all have for many unique reasons! Despite that, we all try to keep calm, carry on and learn from our mistakes along the way. The DHF community has been a great resource for me to normalize and validate my experiences with diabetes and I hope to extend that resource to you by being a mentor. Besides my interests listed above, I'm a science nerd, foodie, and doting cat-mom. Looking forward to meeting you!*



HELLO
my name is

Nethmi

Location: Toronto, Ontario

Areas of Study: Health Sciences

Years Living with Diabetes: 5 years

Hobbies/Interests: Performing, arranging and writing music, listening to music (live or recorded), hiking, research, travelling, cooking and baking, watching movies and TV shows, and trying new things!

Statement: *I'm always exploring anything and all things related to music. Living with diabetes is no easy feat, but it has taught me so much about embracing originality and fostering resilience through support and courage. I am so utterly grateful for all of the support, feeling of belonging, and strength I have gained from wonderful people, friends, family, and the DHF. Throughout the years and through building community I have recognized the immense potential we have, and diabetes does not have to hinder us from reaching its fullest! I would love to be a welcoming source of support for someone else to help them share and develop their own, original story.*

HELLO
my name is

Genevieve



Location: London, Ontario

Areas of Study: Biomedical Engineering, Molecular Biology & Genetics

Years Living with Diabetes: 20 years

Hobbies/Interests: Reading, hiking, yoga, canoeing, and playing with my dog.

Statement: *I love curling up with a good book, and the Night Circus and Lord of the Rings are probably my favourites. I love going for hikes and playing with my dog (Zelda), but don't do yoga nearly as much as I should! While I try to keep my sweet tooth in check, I can't resist a gluten-free treat. I've been living with T1D since I was a little over two, and I know it helps to have some support when dealing with the ups and downs.*

HELLO
my name is

Lindsay



Location: St. Catharines, Ontario

Areas of Study: Medical Sciences and Aging

Years Living with Diabetes: 14 years

Hobbies/Interests: Powerlifting, hiking, roller skating, baking, and currently learning French.

Statement: *I love to learn and to share my experiences! I am 23 years old, currently pursuing a master's degree and learning French to bring my travel manifestations to life. I love being active and I know how challenging it can be with diabetes, so I find that it's super important to take the time and enjoy that breath of fresh air. I enjoy being a mentor to encourage and support others to be able to explore their hobbies and interests without letting diabetes stop them. You are truly capable of anything you set your mind to!*



HELLO
my name is

Ruby

Location: North Bay, Ontario

Areas of Study: Mathematics, Chemistry, Education

Years Living with Diabetes: 8 years

Hobbies/Interests: All things sports, my favourite is hockey, also hiking, scrapbooking, watching tv, hanging out with my family and friends, and baking.

Statement: *I am a first year university student juggling a social life, sports, and my studies. Becoming a mentor was a no brainer for me as I've experienced the highs and lows of type one diabetes first hand. Having the opportunity to be there for someone else experiencing similar struggles and offering my support is the perfect way to give back to the diabetes community. If I'm not doing something sporty I'm likely baking the best gluten free cookies with my family or friends or watching a movie! That just about sums me up perfectly!*



HELLO
my name is

Maya

Location: Ottawa, Ontario

Areas of Study: Health Sciences, Biology

Years Living with Diabetes: 18 years

Hobbies/Interests: Science, sewing and fashion, cooking, baking, exercising and being outdoors, travel, TV and movies, music.

Statement: *I graduated from health science at Western University last year and I am now working in research and public health. I love to spend my free time with friends, family, walking my dog, snowboarding, sewing and trying out new vegan/vegetarian recipes! I wish I had taken advantage of programs like this when I was younger so I'm really excited to get the chance to support others. Family and friends can be a great support but sometimes it helps to talk to someone who knows exactly what you're going through!*

HELLO
my name is

Heather C.



Location: Toronto, Ontario

Areas of Study: French, Biology, Human Resources

Years Living with Diabetes: 17 years

Hobbies/Interests: Baking and decorating cookies and cakes, board and other group games, and travelling.

Statement: *I am a bubbly personality with a quirky weirdness. My hobby projects currently include perfecting my watercolour skills, raising my fur baby and fish, and making the world's best brownies. I love exploring new places and trying new foods, as there is always something new to discover! This program is an amazing initiative and helps build a community of support and connection that helped me thrive and learn to love my diabetes. I love meeting new people and talking about everything and nothing; I can't wait to meet!*

How do I Register for the Program?

- Ask your Diabetes Team about DHF's Peer Support Program;
- Talk to your parents and your Diabetes Team to find out if a mentorship program would help you with your diabetes management and emotional health care;
- If you are ready to be matched with a mentor, contact us and we will send you our Mentee Application Form and ask your parents or guardian to sign the Parent/Guardian Consent Form;
- Once your application has been reviewed, Diabetes Hope Foundation will start working on finding and connecting you a mentor.



— Let's TALK —

**WE'RE HERE
FOR YOU**

SIGN UP
TODAY!

Contact Us

info@diabeteshopefoundation.com



www.diabeteshopefoundation.com



Peer Support Program
Sponsored by:



AUBREY & MARLA DAN
FOUNDATION



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