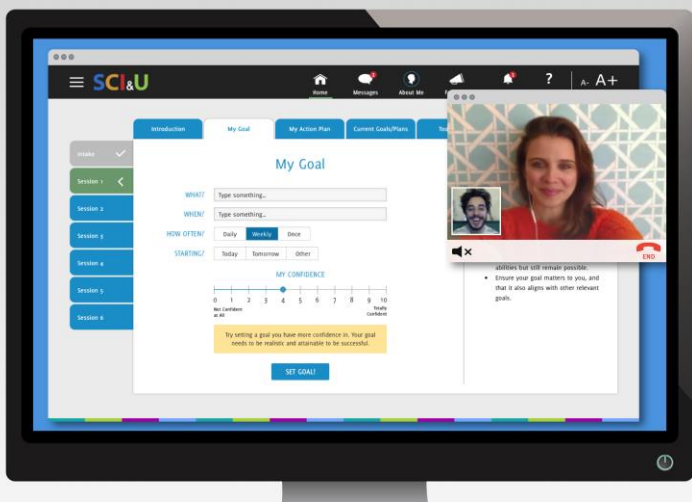
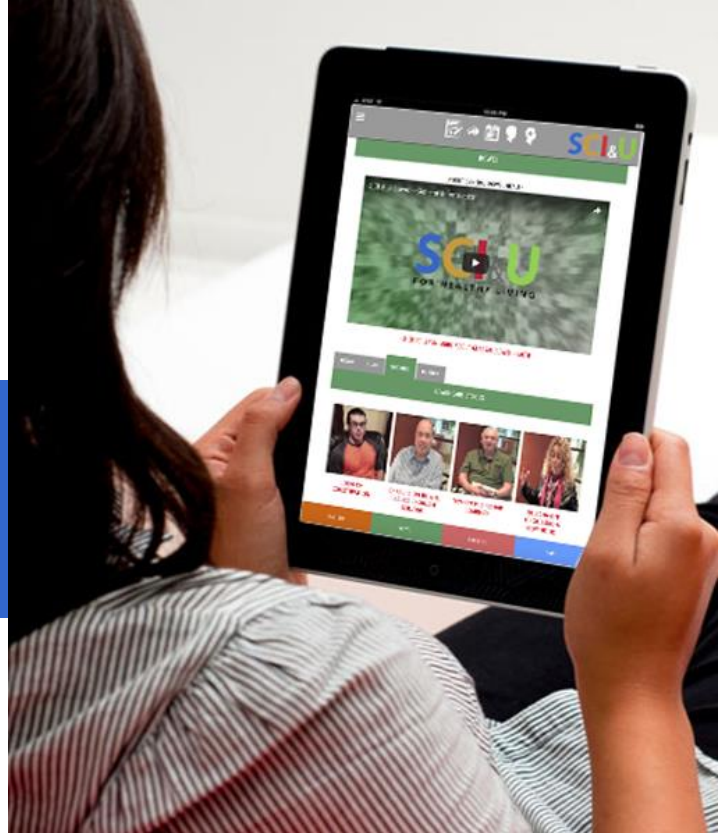


Online Peer Health Coaching

For people with spinal cord injury



Eligibility: you have been living in the community with SCI for at least 1 year, and are 18 or older. You will be asked to take part in a 6-session pilot in late 2017. Participants will receive an honorarium.

A partnership of the **University of Toronto** and **GF Strong Rehabilitation Centre**, with funding from the **Rick Hansen Institute**

Version 1: June 23, 2017

Living a healthy life with spinal cord injury (SCI) can be challenging. **Our health coaches are people who live with SCI, so they “get it.”** They have been trained to help you develop your skills in **problem-solving, goal setting and action planning**, so you can manage your health more effectively.

Interested in participating?

Contact the project team at SCl andUstudy@utoronto.ca.



Vancouver Coastal Health



Rick Hansen Institute
Institut Rick Hansen