

# LIVING WITH A SPINAL CORD INJURY OR DISEASE



## INTERESTED IN OBTAINING A PEER SUPPORT MENTOR?

**Please see below and reverse side for resources.**



### **Christopher & Dana Reeve Foundation**

- <https://www.christopherreeve.org/get-support/get-a-peer-mentor>
- 1 (800) 539-7309
- ChristopherReeve.org



### **NorCal SCI**

- <https://norcalsci.org/support-groups>
- 1 (408) 458-9863
- [info@norcalsci.org](mailto:info@norcalsci.org)

**VA**



U.S. Department of Veterans Affairs  
Veterans Health Administration  
VA Palo Alto Health Care System



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## SCI/D PEER SUPPORT PROGRAM - EDUCATION & LUNCH

Please join us the **LAST THURSDAY** of the month starting **February 27, 2025 in Building 7, Room F-108 (Dayroom) at 12:00 PM** for education and a peer support activity. This is a monthly program designed for SCI/D Veterans to gather together and connect in a social and relaxed environment, socially distanced of course!



If you cannot attend in person, or if group is at capacity, you can call into ZOOM from your room or home.

**MEETING ID: 835 1426 6166**

**PHONE: +1 669 900 9128**

**ONLINE: <https://us02web.zoom.us/j/83514266166>**



U.S. Department of Veterans Affairs  
Veterans Health Administration  
VA Palo Alto Health Care System