

Postpartum Mentoring Program

Now accepting referrals!

Participants in this program are matched with trained volunteers who have personal postpartum experience and an interest in providing social support to someone who is pregnant or has recently given birth. Matches develop trust through regular meetups and empathetic listening.

Who we are

Compeer is a non-clinical mental health program, providing social support to individuals of all ages living with mental illness. Programs are offered in one-to one, group, peer-to-peer, and social activity formats.

Eligibility

Consider submitting a referral for someone who:

- Is pregnant or postpartum
- Has a primary diagnosis of a PMAD
- Is active in mental health services
- Has limited family or social connections and wants a friend (Compeer volunteer)

Our application can be found at compeerbuffalo.org. Please note that all referrals must be completed by a mental health professional.

why compeer works



Meeting a basic human need

Friendship and belonging to a community are regarded as basic human rights.



Social supports build confidence

Volunteers encourage participants to explore activities that may help improve their self-esteem and self-confidence.



Participants re-engage in the community

Interacting with individuals outside the treatment context & diversifying social networks increases community integration.



Isolation shrinks, self-worth expands

Rich, mutually-beneficial friendships help participants become more outgoing & sociable, increasing their self-worth & feelings of empowerment.

for more information contact:

Lindsay Barrett | lindsay@compeerbuffalo.org | (716) 883-3331 ext. 310

Lori Badach, LMSW | lordibadachlcs@gmail.com | 716-331-0447

