

<https://www.cff.org/Get-Involved/Connect/CF-Peer-Connect/>

CF Peer Connect

CF Peer Connect is a one-to-one peer support program for people with cystic fibrosis and their family members age 16 and older. Talk with and learn from someone who is also affected by CF and has gone through similar experiences.

CFPEERCONNECT

CF Peer Connect is a one-to-one peer mentoring program for adults with CF and their family members to connect about shared experiences. No matter what you're going through, there is someone who has been through a similar experience and can offer support. After you request a peer mentor, the CF Peer Connect team will match you with an adult with CF or a family member -- parent, partner, or spouse -- who has experience with the topics you want to learn more about.

“It's so therapeutic to be able to talk to someone who just gets it.” -- Christa, CF Peer Connect participant

You can request a peer mentor to talk about topics that are important to you, including:

- Going to college
- Making work/career decisions
- Dating, relationships, and marriage
- Adjusting to your child's new diagnosis
- Finding balance as a caregiver
- Starting a family
- Parenting
- Getting diagnosed as a teen or adult
- Considering lung transplant
- Coping with bereavement

Get Started in 4 Simple Steps

1. Complete a [request form](#).
2. Talk with the CF Peer Connect team about what you're looking for.
3. Get matched with someone who best fits your request.
4. Connect with your peer mentor over video, phone, email, or text.

Contact Us

If you have any questions about CF Peer Connect, email peerconnect@cff.org.

CF Peer Connect is available to Spanish speakers. Please complete a [mentor interest form](#) if you would like to be a Spanish-speaking mentor, and [contact us](#) to request a Spanish-speaking mentor.