

## **Have you considered a mentor?**

Mentoring can help young people develop and succeed by providing a structured and trusting relationship that brings people together with caring individuals who offer guidance, support and encouragement. Research proves that youth who participate in mentoring relationships experience a number of positive benefits such as:

- Improved Self-Esteem
- Reduction of Negative Behaviors
- Improved Academic Skills
- Enhanced Social Skills
- Increased Independence

Our mentoring program provides a choice of either one-to-one or a group relationship that a mentor develops with one or more young people. A mentor is matched with an individual through an interview with the parents and youth. If it is a good match then a contract is developed with written goals and scheduled meeting times. The mentor will keep weekly notes and communicate regularly with the parents. They will also provide a written report with feedback at the end of each contract.

For more information please contact Kathy Kelly at:

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