

YOUTH MENTORING



HELPING SERVICES
for Youth & Families



Remember growing up? Who helped you make healthy choices, build self-esteem, and made you laugh?

Mentoring connects a youth with a responsible adult to form a healthy friendship, helping the youth aspire and achieve to their fullest potential.

• **LET'S CONNECT** •

Reach out to Jenny to get started!

Questions or to volunteer: 319-290-9282

jrose@helpingservices.org

Serving Clayton County

• WAYS YOU CAN BECOME INVOLVED •

ROLE MODELS FOR AREA YOUTH

Trained and screened volunteers called mentors, spend a minimum of four hours a month having fun and encouraging youth. Mentors can be an individual, a couple, or a whole family. Mentors can spend time with their youth in the community or at their school.

YOUTH INVOLVEMENT

Youth (ages 6 to 17), called *mentees*, are paired with a mentor who shares their interests. The youth gain new skills and experience opportunities they may not otherwise have.

CLAYTON COUNTY PROGRAMS

Mentoring matches are invited to join other local matches at group events. These fun events may include playing games, attending sporting events, or visiting local attractions.

- **Community-based mentoring** is where the mentor and mentee spend time together outside of school hours doing activities and group events that are of interest to the match.
- **School-based mentoring** is where the mentor and mentee spend time together during school hours eating lunch together, playing games, etc.

YOUR EVERYDAY RESOURCE

YourLifelowa.org



HELPINGSERVICES.ORG/MENTORING