

YOUTH MENTORING



Remember growing up? Who helped you make healthy choices, build self-esteem, and took you for ice cream?

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

"My child's attitude has changed in a more positive way. She is more upbeat and happy, especially when she comes back from seeing her mentor." —Mentee Parent

• 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. You can also be a Mentor For A Day, attending an event that fits your schedule and hanging out with a youth. Mentors can spend time with their youth in the community or at their school.

YOUTH INVOLVEMENT

Youth, called mentees, are ages 6-16, and live in or go to a school in Allamakee, Howard, or Winneshiek County. Youth are paired with a mentor who shares their interests. These youth gain new skills and opportunities they may not otherwise have.

VOLUNTEER SUPPORT

Matches are invited to join events such as making pizza, going to a ball game, or visiting an apple orchard. Staff supports you through training and frequent contact.

YOUR EVERYDAY RESOURCE



YourLifelowa.org

• LET'S CONNECT •

There are both short-term and long-term opportunities for you to volunteer. Visit our website to see events, donate, request a mentor, or apply to volunteer.

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