

Mentee Benefits

Research shows that youth who are paired with caring consistent adult role models and friends are more likely to:

- *Stay in school*
- *Be more successful in family and peer relationships*
- *Go to college or have a fruitful career and*
- *Stay away from drugs and/or alcohol*



For more information about mentoring call:
(773) 675 - 2048
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or visit us at :
www.womenofvalorministry.org/valorgirls



Women of Valor Ministry
P. O. Box 401
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The Valor Girls Mentoring Program



**BE A MENTOR
BE THE DIFFERENCE**

You Can Be the Difference For a Valor Girl

What is Valor Girls Mentoring Program?

The mission of Valor Girls is to equip and empower at-risk girls enabling them to pursue and attain their personal, social, educational, and professional goals. The overall goal of the Valor Girls program is to enhance the personal and social skills of girls.

What Does a Mentor Do?

- Serve as a positive role model and friend
- Serve as a resource, encouraging girls to explore options after graduation
- Take the lead in supporting a young person through an ongoing, one-on-one relationship
- Build the relationship by planning and participating in activities together
- Strive for mutual respect
- Build self-esteem and motivation
- Help set goals and work toward accomplishing them
- Provide support with problems in school or at home

MENTORING REQUIREMENTS

- Be at least 21 years old
- Be interested in working with girls 12 –16 years old
- Be willing to adhere to all program policies and procedures
- Be willing to complete the application and screening process
- Be dependable and consistent in meeting the time commitments
- Attend mentor training sessions
- Be willing to communicate regularly with program staff
- Have access to an automobile, auto insurance, and a good driving record
- Have a clean criminal history
- No use of illicit drugs, or use of alcohol or controlled substances in an inappropriate manner
- Not currently in treatment for substance abuse and have a non-addictive period of at least five years
- Not currently in treatment for a mental disorder or hospitalized for such in the past three years

Mentor Qualities

- Willing listener
- Encouraging and supportive
- Patient and flexible
- Tolerant and respectful of individual differences

MENTORING BENEFITS

- Personal fulfillment through contribution to the community and individuals
- Satisfaction in helping someone mature, progress, and achieve goals
- Training sessions and group activities
- Participation in a mentor support group
- Mileage and expenses are tax deductible
- Personal ongoing support, supervision to help the match succeed
- Mentee/mentor group activities, complimentary tickets to community events, participant recognition events

A VALOR GIRL NEEDS YOU

BE THE DIFFERENCE

BE A MENTOR

