“In order to be a mentor, and an effective one, one must care. You must care. You don’t have to know how many square miles are in Idaho, you don’t need to know what is the chemical makeup of chemistry, or of blood or water. Know what you know and care about the person, care about what you know and care about the person you’re sharing with.” *— Maya Angelou*

Cabot Mentoring is seeking caring residents, age 21+, to be good listeners and friends to Cabot youth. It’s as simple as that! You don’t need to be a genius. Or an expert. Or famous. Or rich. You just need to be you.

Can you go for a walk? Bake cookies? Read? Sew? Shoot some hoops? Go to a concert? Grow flowers? Do puzzles? Then you’ve got something to share.

Of course, we all want to be good at what we do. Cabot Mentoring offers ongoing training to mentors, to help our mentors be effective and comfortable in their important role. We host training sessions, send webinar links, and loan out books. Mentors need mentoring too!

To learn more, or apply to be a mentor, contact Program Coordinator Susan Socks at 563-2289 ext 227, [cabotmentoring@gmail.com](mailto:cabotmentoring@gmail.com), or visit our website cabotmentoring.wordpress.com

We’re also ready to match youth to mentors. If someone in your life is 7-17, and would like to spend time doing fun stuff with a nice person, contact us!