January is National Mentoring Month, and this year Cabot Mentoring hopes to celebrate by connecting more Cabot-area youth and adults. Do you have a youth age 7-17 who would like a new friend in the community for hikes, crafts, cooking, gaming, projects, or just good conversation? Are you an adult age 21+ willing and able to meet 2-3 times per month with a young person in our community? Please contact Susie Socks, Cabot Mentoring program coordinator, at [cabotmentoring@gmail.com](mailto:cabotmentoring@gmail.com), or 802 563-2289 ext 227.

Research shows that mentors play a powerful role in providing young people with the tools to make responsible choices, engage in school, and avoid risky behavior like drug use. These young people are:

55% more likely to be enrolled in college

81% more likely to report participating regularly in sports or extracurricular activities

78% more likely to volunteer regularly in their communities

More than twice as likely to say they held a leadership position in a club or sports team.

Mentoring relationships are good for youth, and they are also good for adults. The intergenerational ties forged by mentoring make communities stronger. We hope you’ll join the Cabot Mentoring program!

National Mentoring Month is led by MENTOR: The National Mentoring Partnership and the Harvard T.H. Chan School of Public Health, with support from the Highland Street Foundation. To learn more about the role mentoring plays in our community and to find volunteer opportunities, contact [cabotmentoring@gmail.com](mailto:cabotmentoring@gmail.com) or 802 563-2289 ext 227.