



What does it mean to have a Mentor?

Mentor Me- North Georgia, Inc. matches children and teens between the ages of 6 and 17 with volunteer adult Mentors. We ask for at least a one year commitment from our volunteers, and encourage that they get together with (or otherwise make contact if time will not allow a face-to-face outing) their "Mentees" at least once a week.

Many of our matches last for 5 plus years, and continue beyond the child's high school graduation!

There are a number of reasons why having a Mentor can be an enriching experience for a young person. They may struggle academically, live in a single parent household, need a self esteem boost, or have recently suffered a death or illness in the family, and having the *one-on-one attention from a Mentor allows them to feel special, have someone outside the family to talk to, enjoy new experiences, and learn new things.* Experts in youth development agree that children and teenagers benefit from having a positive adult role model in their lives in addition to their parents.



Shawn and Steve, matched since 2014

Mentor Me works closely with parents and guardians to match each youth with the right Mentor. Every potential volunteer is interviewed, screened, and trained by our Case Manager. Once a match has been made, the case manager continues to offer professional *supervision and support* to ensure that each match is safe and rewarding for everyone involved.



Sara and Aury, matched since 2014

Mentors and Mentees share everyday activities together: playing sports, watching movies, cooking, going over schoolwork, visiting museums, going to the zoo, Braves games, washing the car, taking walks, volunteering in their communities, or just hanging out.

National research has shown that simply sharing experiences together has a *direct and lasting impact* on a young person's life. Also, there are several "BIG" Mentor Me sponsored event for all matches. These range from Braves Night and Stone Mountain, to a day on a boat on Lake Lanier, or going to the Aquarium. We strive to create a community of support for all youth and volunteers in our program!

A Mentor can help a child or teen discover a world of possibilities and opportunities simply by being a genuine friend.

If you know of a young person that could benefit from having a Mentor, please fill out our online form at www.mentorga.org/refer-a-child.html, or contact us at info@mentormenorthga.org or 678-341-8028 for further information. *We look forward to working with you!*