January is National Mentoring Month!

[Research](https://www.mentoring.org/program-resources/mentor-resources-and-publications/the-mentoring-effect/) shows that mentors play a powerful role in providing young people with the tools to strive and thrive, to attend and engage in school, and to reduce or avoid risky behavior like drug use. In turn, 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.

Cabot Mentoring connects youth with adults, for fun and friendship. Having a mentor helps youth build confidence, broaden their worldview, and practice relationship skills. Having a mentee gives adults a connection to the younger generation, more engagement in their community, and the satisfaction of making a difference.

## To celebrate National Mentoring Month, Cabot Mentoring pairs will have the opportunity to attend the Mentoring Celebration at the Vermont State House on Wednesday January 22nd. This fun event features mentoring-themed crafts, lunch, a speech by the Governor, and the reading of a mentoring resolution in the State House.

## If you’d like more information about Cabot Mentoring, becoming a mentor, or finding a mentor for a youth in your life, please visit our website, [www.cabotmentoring.org](http://www.cabotmentoring.org) , or our facebook page, [www.facebook.com/cabotmentoring](http://www.facebook.com/cabotmentoring) .