

How can I help or get involved?

- **Become a mentor or mentee.** Mentors and mentees are connected based on their personalities, interests, and preferences.
- **Serve on an advisory committee.** This group of volunteers offer guidance and support to program staff for their county program.
- **Sign up your family as a whole to be a mentor.** Each family member can be a part of the youth's mentoring experience.
- **Become a "Mentor For A Day."** Attend an event that fits your schedule, and mentor a youth who is waiting for a permanent mentor.
- **Recruit more mentors.** Encourage your friends to sign up. Then you can introduce your mentees, go to group events, and share the experience.
- **Donate** funds for program activities, www.helpingservices.org/donate.

County Programs

Each county has its own program so that we can meet the local needs of the community. To get connected with your county's program call the appropriate number.

563-387-1720

Allamakee Mentoring Program

MY Club

Howard County

Building Bridges Through Mentoring

Winneshiek County

563-370-3454

Mentoring Connection for Delaware County

We also support mentoring programs in Fayette County. For information, contact 563-387-1720.

Youth Mentoring Contact Information

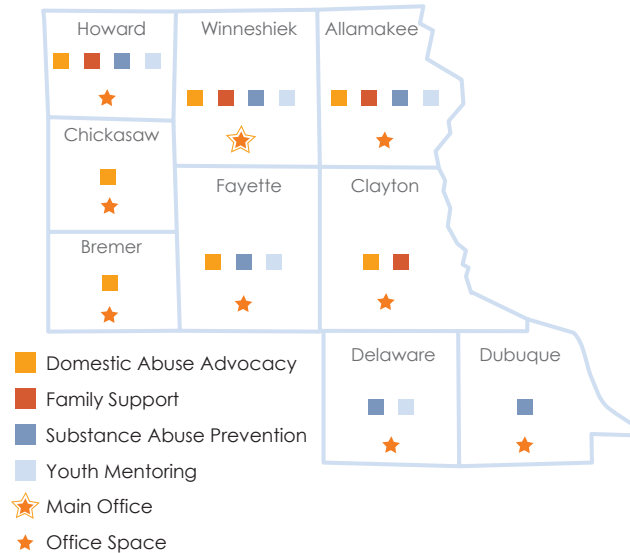
Email | mentoring@helpingservices.org

Main Office

Phone | 563-387-1720 Fax | 563-382-5730

Address | P.O. Box 372
805 East Main Street, Decorah, IA 52101

Helping Services for Northeast Iowa



Whether life seems put together or chaotic, whether you're looking for help or looking to help others, **we are here to serve you.**

We work to end domestic violence and child abuse; build healthy families, friendships, and relationships; and reinforce positive decision-making about alcohol, tobacco, and other drug use.

Details on programs, events, and resources are on our website. You can also find volunteer opportunities and donate to keep needed services available.



Scan to get quick, monthly updates sent to your inbox, or sign up at our website.

563-387-1720 | www.helpingservices.org



Youth Mentoring

Youth connect with caring adults who can help them aspire, achieve and develop to their fullest potential.

Be a friend

Become a mentor

Mentoring is a simple concept. Connect one youth with one responsible adult and build a healthy friendship.

Remember when you were growing up? Who helped you make healthy choices, build self-esteem, and made you laugh? You can be that someone for a local youth.

Mentoring sets the stage and gives you the props for developing this kind of healthy relationship.



What does a mentor do?

As a mentor, you give a little help and show some attention to a youngster. Do you have time this month to chat on the phone, watch a movie, or play a game?

In 4 – 5 hours a month, you can encourage a youth and bring out the kid in you.



“My child’s attitude has changed in a more positive way. She is more upbeat and happy, especially when she comes back from seeing her mentor.”

“I have a great time with the little guy, so glad I am a part of his life. Hope he is too.”

“My kid’s biggest benefit is having an adult in his life who he can just be himself with.”

Activities some matches do together:

- Bowling
- Archery
- Golfing
- Hiking
- Sledding
- Baking
- Fishing
- Swimming
- Movies
- Picnics
- Biking
- Museums

Sign up to be a mentor or mentee

Visit www.helpingservices.org/mentoring to download an application.

You can also call the number listed on the back for your county to request an application or ask questions.

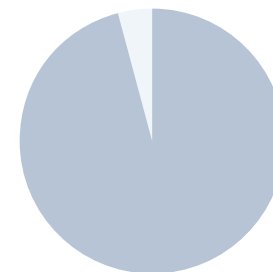
Every youth —no matter what their background— can benefit from one other adult to trust.

You can be that one.

Mentor: an adult (age 17 and older) willing to have fun and positively influence a mentee.

Mentee: a youth (age 5-16) who befriends a mentor and likes to laugh and hang out.

Mentoring helps youth make positive choices for today and their future.



96% of mentees say they are able to refuse using alcohol, tobacco or other drugs.

Source: Mentee Surveys 2012

5 Reasons you can be a mentor

1. It's not complicated.
2. You can just be yourself.
3. You can do things you already like (canoeing, basketball, creating, etc.).
4. A team is here to support you.
5. A youth in your area is ready and waiting to look up to you.