



What is Mentoring?

Mentoring is the presence of a caring individual(s) who provides a young person with support, advice, friendship, reinforcement, and constructive role modelling over time.

Mentoring can take many forms: formal or informal, one-to-one or group, with an adult or peer, in a school setting or out in the community.

Why is Mentoring Important?

Mentoring is a powerful way of lending support to a young person by teaching skills, listening to their perspectives and creating a sense of belonging. Mentoring is increasingly recognized as a powerful course of action in the positive development of children and youth. Research supports the position that children and youth who participate in a mentoring program experience a number of benefits, including the relationship that is developed over time.

Mentoring a young person can make a difference in their life... and yours!

What Does it Take to Be a Mentor?

Mentors are needed in communities across the province. Mentors are caring individuals who have a desire to invest and make a positive difference in the life of a child or youth. Mentors in formal mentoring programs are appropriately screened, trained, and supported by an organization or institution throughout their mentoring relationship.

AMP asked mentors how being a mentor has influenced their life. Some of the benefits these mentors shared included:

- Mentoring allows you to make a difference and support someone else.
- Mentors appreciate being a mentor because they have noticed the positive benefits a role model can have.
- Mentoring gives them a sense of purpose, satisfaction and happiness in life.
- Mentoring has allowed them to create a strong bond and relationship with their mentee.
- They are more culturally aware and understand different backgrounds and experiences more.
- They have a broader world view through the eyes of the mentee.
- Mentoring has increased their self-esteem and confidence.

-AMP Phase II Evaluation Report



Alberta
**Mentoring
Partnership**

About AMP

Who is the Alberta Mentoring Partnership?

The Alberta Mentoring Partnership (AMP) is a collaboration between community mentoring agencies, government ministries, and youth representation who are working together to raise the profile of mentoring in Alberta. AMP exists to help community mentoring programs meet the needs of the children and youth they serve.

AMP entered Phase III of its work in July of 2014, and has outlined the following objectives for the next three years:

- Increase mentoring across the province.
- Continue to increase community and organizational capacity for mentoring.
- Develop and support a collective impact approach to ensure the ongoing relevance, efficiency, and effectiveness of AMP.
- Establish a repository of research and knowledge on mentoring.

AMP also has a partnership of close to 100 mentoring agencies, community organizations, and schools that offer mentoring opportunities in Alberta.

What will I find on the AMP Website?

Visit www.albertamentors.ca to find:

- Tools and resources to support mentoring initiatives
- Volunteer Mentoring Opportunities with AMP Partner Organizations
- Application to become an AMP Partner
- Mentoring research and literature

Our Vision

Every child or youth who needs a mentor has access to a mentor.

Our Mission

Grow sustainable mentoring across Alberta through a shared services approach.



albertamentors.ca