



Alberta Mentoring Partnership

About mentoring

What is mentoring?

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

Mentoring can take many different forms. Some people may be familiar with more formal mentoring programs, such as the variety of programs organized by the Big Brothers Big Sisters societies. Mentoring can also take many other forms, like coaching, youth groups, scout leaders, and more.

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. Research tells us that, over time, consistent interaction with a mentor increases the likelihood that a child or youth will complete high school and experience success in life.

The strong relationships between mentors and youth improve academic performance, behaviour, and attitudes toward school. Mentoring helps improve peer and family relationships, and helps Alberta's youth develop the confidence, self-esteem and social skills they need to be productive members of society.

Spending as little as an hour a week with a young person can make a difference in their life...and yours.

Getting involved

What can Albertans do to support mentoring?

Mentors are urgently needed in communities all across the province, especially in rural areas. There are many more children and youth on waiting lists for mentors than there are mentors available.

Albertans can volunteer as mentors in their communities and provide support to agencies that deliver mentoring services across the province.

Visit www.albertamentors.ca to find out what you can do to support mentoring in Alberta.

Who can be a mentor?

Many people think it takes special skills or accomplishments to be a mentor. Not so! Mentors come from all walks of life, have different life experiences and different things to offer. What mentors have in common is the desire to make a positive difference in the life of a child or youth.

You don't need to have superhuman qualities to be a mentor, just human ones. Mentoring offers you the power to transform lives and make a difference.

If you want to get involved, there are many flexible mentoring program options available to fit your schedule and lifestyle.