



FOR IMMEDIATE RELEASE: Alberta Mentoring Partnership celebrates #MentoringMonth – Amplifying mentorship in Alberta through the celebration of our province-wide volunteers and community leaders who positively impact the lives of Alberta children and youth.

Alberta, January 3, 2024 – Mentorship enhances the lives of young people and adults alike–It creates strong, uplifting, resilient communities. Research shows that being involved in a mentoring relationship has a positive impact on a young person’s school attendance, social skills, attitude, and behavior with friends and family. Mentors and mentees both benefit from mentoring: it builds skills, increases confidence, reduces social isolation and it’s **fun!** That’s the *why* behind our mentoring champions across the province who are showing up for their communities, and for Alberta.

“I’m A.J. Keller. I’ve been a Big Brother with BGCBigs for seven years. My “Big” journey has been amazing. I’ve been lucky enough to have had 4 Little Brothers. I’ve made 4 friendships that will leave a lasting impression on me, and hopefully on my Little Brothers, too. When I volunteer with BGCBigs, I feel like I’m doing something good for the community. However, I also believe that volunteering as a Big Brother is good for my mental health. I truly believe I’m better off because I’m a Big Brother.”

Formally mentored youth are almost 3 times more likely to report good or excellent mental health. And, formally mentored youth are over 78% more likely to have an occupation. A small but consistent commitment of time can make a world of difference to a young person. AMP celebrates the many wonderful Albertans across our province, who are helping build strong and safe communities through both formal and informal mentoring.

“Dzinisi guja sizi Tsuut’ina Ninisha Tsik’a at’a. (Good day, my name is **Teena Starlight**). I am the National Director of the Indigenous Youth Mentorship Program. IYMP has had a profound impact on Indigenous youth within rural Indigenous communities in Alberta. Through physical play, healthy snacks, mentoring, and relationship building that are grounded in Indigenous foundations of belonging/respect, mastery/relevance, independence/responsibility, and generosity/reciprocity Indigenous youth have a program to play, connect, and just be kids. When I hear their laughter and see the high school mentors playing with the younger kids, I can feel their energy and you can see





their spirits shine and it gives me hope. It is important that our young people see our older youth shine!

"I am Marie-Pier Dube-Hazell and I am a Mentoring Coordinator and mentor for BBBS Calgary. Mentoring is important to me because I know and understand how much of an impact an adult can have in a young person's life by showing up and expressing care. Growing up, I wish I had this type of positive support as I was exposed to most of the ACEs and lived in an isolated area. It would have allowed me to feel supported and would have exposed me to new opportunities. Whether it is through a community match, in-school mentoring or being a pen pal, I have lived and experienced the positive impact it can have on a young person. Every time I get a letter from my pen pal, I get this joy and appreciate that I get asked questions. It makes me feel special. Oftentimes, youth will later tell me that their mentor is one of the only adults who listens to them without telling them what to do. They also often feel like they are closer to their mentor than to their peers at school because their mentor "actually cares and listens to them."

Join AMP in strengthening mentorship across Alberta by sharing your mentorship story using #MentoringMonth. January 11 (I Am A Mentor Day) and January 27 (Thank Your Mentor Day) are great days to post! Let's celebrate mentoring in our communities by showing our appreciation and gratitude to all the volunteers, staff and community leaders that make our province thrive. Albertans can find a mentoring opportunity near them at albertamentors.ca.

Alberta Mentoring Partnership (AMP) is dedicated to the success of 225+ school and community mentoring initiatives across the province. We advance mentoring by offering tools and resources to our Partners to support and enhance their programs. Our vision is to help young people thrive through mentoring relationships. Visit www.albertamentors.ca to learn more about the transformational power of mentoring and to find a mentoring opportunity near you.

Follow us on [FaceBook](#), [Instagram](#), and [LinkedIn](#) to join us in celebrating mentoring champions in our community!





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