



Mentoring Month 2026 Toolkit



January is **#MentoringMonth!**

#AmplifyMentoring by celebrating mentoring and growing our community of mentors in Alberta!

Important Dates & Events

Download graphics [here](#).



January 7,
I Am A Mentor Day

Thank you to all the mentors in our lives—Family, teachers, coaches and formal mentors who lead by example in our community, and inspire us! Join our community of mentors by finding a mentoring opportunity at

www.albertamentors.ca



January 15, 11 AM
Evaluation Webinar

Join the Decolonial Evaluation Learning (DEL) team for our mini-series on different approaches to evaluation with a focus on practice-oriented and reflective conversations with experts in the field: "Approaches to Evaluation Lessons, Reflections, Advice". This session is facilitated by Three Hive Consulting, we will explore what it means to incorporate trauma-informed principles into evaluation.



January 17,
International Mentoring Day

Around the world, naturally supportive networks can uplift youth & strengthen communities. Thank you to everyone who invests in caring, supportive relationships, that build welcoming and resilient communities.



January 21,
Thank Your Mentor Day

It's Thank Your Mentor Day! Thank a mentor in your life who has offered you support and guidance, in our comments!



Key Messages

Download key messages graphics [here!](#)

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.

ACCESS MENTORING MONTH TOOLKIT AND MENTORING RESOURCES AT www.albertamentors.ca

Mentoring builds strong, safe, and resilient communities.

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Mentoring is a 2-way street that benefits the mentor AND mentee.

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Formally mentored youth are almost 3 times more likely to report good or excellent mental health.

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Formally mentored youth are over 78% more likely to have an occupation.

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Every dollar invested in mentoring returns \$18 to society.

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Mentoring positively encourages attendance at school.

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A little goes a long way— There are formal and informal methods of mentoring to fit all lifestyles.

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Mentored youth...

- were 53% more likely to report good mental health than non-mentored youth.
- were over two times more likely to feel like they belonged in their local community.
- were twice as likely to have completed high school.
- were 95% more likely to have pursued further education after high school.
- With a formal mentor were 78% more likely to have an occupation (studying and/or employed).

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Social Media & Resources

Share the love this Mentoring Month to celebrate the people who make our community a better place! Highlight a match story, thank a mentor, or share your own mentor/mentee experience.

We'd love to see your stories—tag AMP on social media and use **#MentoringMonth** and **#AmplifyMentoring** to join the celebration. Let's amplify the impact of mentoring together!



@albertamentoringpartnership

@albertamentors

Downloadable Poster



Download the poster [here](#).