

# THE BENEFITS OF MENTORING

## WITH ARIZONANS FOR CHILDREN

### 1 INCREASE THE CONFIDENCE OF A CHILD

Often times, children in care just need a bit of encouragement to believe in themselves. By supporting them, you can help build their confidence and self-esteem!

### 2 DISCOVER NEW THINGS

Mentoring is a two way street and your mentee can show all kinds of new shows, artists, or hobbies that they enjoy!

### 3 BECOME AN ADVOCATE

It is too easy for a child in care to become a number. But you can help ensure their voice is always heard!

### 4 A GREAT EXCUSE TO HAVE MORE FUN

How often do we miss out on fun activities because we are too busy acting like an adult? You and your mentee can watch an animated movie, blow bubbles, or do other fun things we all secretly want to do!

**MAKE A DIFFERENCE**  
*mentor a child in foster care*

Find out more information:

 [arizonansforchildren.org](http://arizonansforchildren.org)

 @arizonansforchildren

## MENTOR PROGRAM

# WHAT IS IT



**Arizonaans for Children pairs volunteer mentors with children in care to build a one-on-one relationship.** Mentors pick up the child from their placement and take them out for a few hours. Sometimes it might be to go to the library to work on homework or sometimes you can go see a movie or attend some sort of event around town. These activities help the children develop social skills and build confidence!

Over 90% of Children who met with a mentor consistently over at least one year increased their self confidence and improved their grades and school attendance.

Mentors will spend at least 8 hours a month with their mentees. There is some flexibility in scheduling based on your and your mentee's availability. Mentors will work with their mentee for at least 1 year, which is important to help the child have a consistent and stable role model in their life.

### **Other requirements include:**

- 21 years of age
- valid driver's license
- proof of vehicle insurance
- reliable transportation
- HS diploma
- willing to complete a background check
- participate in an initial orientation/interview



## MENTOR PROGRAM

# FAQ'S



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### **What kind of training will I receive:**

All volunteer applicants go through an orientation prior to being matched. The orientation will cover things you should know about foster care and what to expect during your time with the program. You will be assigned to a specific coordinator during your time with the program who will help you throughout the year by addressing your individual needs. Each relationship is unique and we find that ongoing support is the best way to help our mentors!

### **Where does the volunteering take place:**

Mentors pick up their mentees from the child's placement and take them out for activities. Our youth's are placed throughout Maricopa County. We always strive to connect mentors with a child close to their location but it's important to know that children in care can move and mentors are asked to commit to the child, not the placement.

### **What is the schedule for visits:**

Most visits take place on the weekends but your schedule will be based on what works best for you and your mentee. Some children have family visits, school events, or other appointments that may affect their schedules. We do our best to make matches based on similar availability between the mentor and mentee.

### **Can my family members join in on visits:**

Mentors may bring guests on their visits occasionally. The purpose of the mentor program is for children to have one-on-one support, so having other people join in on your visits is not something we would encourage frequently. However, it can be nice for the kids to connect with others and meet new people. This will also depend on your mentee's comfort level and is not something we can guarantee.

### **What type of activities can I do with my mentee:**

Mentors can do (almost) anything with their mentees! We always encourage finding free and low cost events and focus on learning new skills or improving social or academic skills. Common activities include:

- Getting ice cream & visiting the park
- Swimming, bowling, or hiking
- Helping with homework or reading
- Volunteering together
- Doing a craft or project together
- Going to the library or watching a movie