

# Quick Facts for Youth Mentors

## Participation & Inclusion, Youth Engagement Strategy

### What is a Youth Mentor?

A mentor is a trained person who speaks to youth with disabilities about their own life experience and answers questions about living with a disability. This is a volunteer role.

### How do I become a Youth Mentor?

- Attend an interview with the mentorship program coordinator
- Participate in the 3-day training. At the end of training, all candidates will be evaluated to see if they are ready to be Youth Mentors
- Complete Volunteer and Mentor Registration packages

### Who is Mentorship Training for?

Current or former Holland Bloorview clients ages 16 and older headed to or attending University or College or recent grads who are interested in sharing their life experience with others.

### What will training be like?

Training will be offered in workshop style sessions about a variety of topics including Advocacy, Communication and Confidentiality.

### What happens after I complete the training?

After you complete training you can sign up to be:

- a Youth Mentor who talks to Holland Bloorview clients about your life experience
- a Youth Mentor who speaks at life skills workshops for youth with disabilities

### How long will I be a Youth Mentor for?

If you complete mentor training we will ask you to agree to be part of our program for 1 year. There will be workshops for trained mentors offered a few times throughout the year for you to attend and learn about topics related to being a Mentor. During the year, we will contact you when mentorship opportunities come up to see if you are interested and available.

### What if I am going away to College or University?

You can still be a Mentor! Discuss this with the mentorship program coordinator.

### What if I have questions?

Contact [youthleader@hollandbloorview.ca](mailto:youthleader@hollandbloorview.ca)