

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 a brief 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 who are:

- age 16 and older,
- starting, attending, or recently graduated from university or college, and
- interested in sharing their life experience with others.

What will training be like?

Training is offered in workshop-style sessions. Topics including things like Advocacy, Communication, Confidentiality, Values, and Boundaries.

What happens after I complete the training?

You can pick the type(s) of mentoring you want to do, which may include:

- talking to Holland Bloorview clients about your life experience
- speaks at workshops, groups, or programs for youth with disabilities

How long will I be a Youth Mentor for?

We ask you to be part of our program for at least 1 year. During the year, we will contact you when mentorship opportunities come up to see if you are interested and available. We also offer workshops throughout the year for trained mentors to learn about topics or skills related to being a Mentor.

What if I am going away to College or University?

You can still be a Mentor! Training and many opportunities are done virtually. Discuss this with the mentorship program coordinator.

What if I have questions?

Contact youthleader@hollandbloorview.ca