

Do You Want To Make A Difference?

Do you have life experiences to share with a pregnant or parenting teenager?

Would you like to have a positive, caring relationship
with a young person facing different challenges?

Are you willing to commit at least six months of your time in a mentoring program?

Mentoring Makes a Difference

- ❖ Teen mothers who receive regular mentoring are three to four times more likely to postpone a second pregnancy.
- ❖ Pregnant and parenting teenagers who have mentors have lower levels of depression.
- ❖ Teen parents who are mentored feel less socially isolated.
- ❖ Babies of teen mothers in a mentoring relationship are breastfed longer and taken to the hospital less often.

The Young Moms Mentoring Program pairs people of different generations with one another for companionship and friendship. Mentors and mentees share their experiences and enjoy activities together. The matches last for at least six months and meet at least eight hours per month, with a minimum of one hour a week.

*"I became a mentor because I wanted to give.
The thing I didn't realize is how much I'd get."*

To volunteer, call 267-0302, ext. 203!

