

# be a Mentor...

*...and help make a positive difference in the life of a child or teen!*



**CHILD AND FAMILY SERVICES  
OF WESTERN MANITOBA**  
SERVICES À L'ENFANT ET À LA  
FAMILLE DE L'OUEST DU MANITOBA

We exist so that children are safe and nurtured in strong, loving families within a community of caring people



*Mentoring is about...*



*...lending a hand*

At Child and Family Services of Western Manitoba, mentors:

- Play a vital role in the life of a child or teen
- Are matched with a child or teen with similar interests
- Help support the child or teen's family
- Help the child or teen build self-esteem and confidence
- Serve as a positive role model and a friend
- Are good listeners and are able to give their time, support, encouragement and a helping hand if needed (for example, helping with



possibilities are endless!

Mentors provide and participate in community-based activities for the child or teen. They can get together weekly, monthly or somewhere in-between to go to the park, library, swimming, bowling, golfing—the



### *For more information, contact*

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