

## **-CENTER FOR WOMEN IN TRANSITION**

### **Mentor Volunteer Description**

The Center for Women in Transition's Mentoring Program supports women who have been incarcerated or jailed for nonviolent offenses in making positive life choices that enable them to make healthy transitions back into the community. Female community volunteers over the age of 30 commit for one year to assist women develop goals, budget monthly expenses and learn new life skills. By becoming a caring and compassionate presence, the mentor can help a woman develop a healthy and trusting relationship with a positive role model.

#### **Mentor Role**

- Support a woman through an ongoing, one-to-one partnership
- Serve as a positive role model and friend
- Develop the relationship by planning and participating in activities together
- Strive for mutual respect
- Build self-esteem and motivation
- Help set goals and work toward accomplishing them

#### **Time Commitment**

- Attend an initial training session
- Make a one-year commitment
- Attend two additional mentor roundtable sessions throughout the year
- Weekly visits and phone contact the first 3 months of the match
- Twice weekly phone contact and twice monthly visits for the remainder of the partnership
- Attend monthly Saturday mentee/mentor gatherings (optional)

#### **Participation Requirements**

- Must be at least 30 years of age
- Have access to reliable transportation
- Be willing to adhere to all program policies and procedures
- Be dependable and consistent in meeting the time commitments
- Be willing to let the mentee set own agenda
- Be willing to communicate regularly with Client Services Director, submit activity information and take constructive feedback regarding mentoring activities
- Have no parole or probation activity for a minimum of one year
- Not be currently in treatment for substance abuse and have a non-addictive period of at least three years

#### **Desirable Qualities**

- Willing listener
- Encouraging and supportive
- Patient and flexible
- Tolerant and respectful of individual differences
- Able to set firm boundaries

**Benefits**

- Personal fulfillment through contribution to community and individual
- Satisfaction in helping someone mature, progress and achieve goals
- Training sessions and group activities
- Participation in mentor support groups
- Personal ongoing support and supervision to help the match succeed

**Application and Screening Process**

- Written application
- Attend one day mentor training session
- Optional follow-up interview

For more information, contact Tracie at 314-771-5207, or email [traciestriebel@cwitstl.org](mailto:traciestriebel@cwitstl.org)