



Jewish Youth Mentoring Program

PARTICIPANTS:

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MENTORS:

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FAMILIES:

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COST

There is no cost for program enrollment!

- Matches are encouraged to choose free or low-cost activities
- Program regularly offers donated tickets to sporting events, performances, museum exhibits, and other events and activities at no cost to participants or mentors
- Program able to subsidize costs of some outings or match enrichment activities (*examples include: theatre tickets, SkyZone, State Fair admission, and enrollment in a sushi-making class for a match*)
- Matches are able to access some areas of Sabes JCC for meet-ups, regardless of JCC membership



OUTCOMES FOR YOUTH:

- > Healthier relationships and lifestyle choices
- > Higher college enrollment rates
- > Enhanced self-esteem and self-confidence
- > Improved behavior, both at home and at school
- > Stronger relationships with parents, teachers, and peers
- > Decreased likelihood of initiating drug and alcohol use
- > Increased likelihood of holding a leadership position in clubs, teams, or other student groups
- > Increased likelihood of volunteering in their communities
- > Enhanced Jewish identity
- > Promotes ongoing engagement in Jewish community

MINIMUM COMMITMENT

Matches meet at least twice per month for one year (may be academic year for matches with a teen mentor)

- Many of our matches continue well beyond the initial one-year commitment
- Average match length is 3.5 years

QUALITY MENTORING

- Supervision and support from licensed social worker with significant clinical and youth-work experience
- Partnership with MENTOR Minnesota (local affiliate of MENTOR: The National Mentoring Partnership)
- Use of evidence-based Elements of Effective Practice for Mentoring

“ Young adults who had mentors [...] are more likely to report engaging in productive and beneficial activities than youth without a mentor. These activities translate into the higher self-esteem and self-confidence that are necessary traits for youth to engage in teamwork and community work. ”

– “The Mentoring Effect” study conducted by
MENTOR: The National Mentoring Partnership

For more information, call Jen Cardinal at **952-542-4835** or jcardinal@jfcsmpls.org, or visit www.jfcsmpls.org.