

## **Volunteer Mentor, Plusone Mentoring**

### **POSITION OVERVIEW**

Plusone Mentoring is designed to engage at-risk youth, ages 10-17 years old, in the community. The objective is to divert participants from criminality and to increase the protective factors that will help ensure their future success and global health. Youth participants (mentees) spend 1 year in the program where they meet weekly with their mentor and are accompanied in sports and recreation, group, and capacity building activities.

Under the supervision and guidance of the program Facilitator, the volunteer mentor will accompany a youth participant, 10-17 years old, for the duration of 1 year in a mentoring relationship. The mentor's main responsibilities are to be a positive adult role model to their mentee, encourage them in the pursuit of their academic endeavours, help them in facing challenges, and expand their network of positive peers, adults, and activities.

### **RESPONSABILITIES**

- Attends and completes the Plusone Mentoring training program for mentors.
- Commits to volunteering in the program as a mentor for a period of at least 1 year.
- Meets once or twice, for a total of 2 to 3 hours, a week with their mentee to accompany them and participate in sports and recreation, group, and capacity building activities.
- In collaboration with the program Facilitator, assists in the development of an individualized action plan for their mentee.
- Sets objectives for their own participation in the program as a volunteer mentor.
- Is a positive role model for their mentee and upholds high ethical standards for themselves at all times (in the program and in general).
- Based on the action plan for their mentee, accompanies and/or connects the youth participant to relevant YMCA or external community resources and services.
- Meets regularly (at least one per month, and as needed) with the program Facilitator to discuss the mentoring relationship, track progress, seek support and advice, etc.
- Adheres to the YMCA Code of Conduct, and the YMCA Protecting Children, Youth and Vulnerable Adults Policy and Procedures.

### **QUALIFICATIONS**

- ≥ 18 years old.
- Comfortable working with at-risk youth populations.
- Have work or volunteer experience in a helping field (e.g. teaching, youth work, social work, etc.)
- Ability to volunteer according to a flexible schedule.
- Have no criminal record in connection with the volunteering position.

### **BENEFITS**

- Have a positive impact on a youth in need of guidance.
- Gain experience working with at-risk youth populations.

- Learn and develop youth worker skills and approaches through training and workshops.
- Share passion for fitness and wellness with a youth participant.
- Develop communication and leadership skills.
- Meet and network with people from all walks of life.

## COMPETENCIES

**Participant focused:** Commits to assisting each participant (child or adult) in the development of new skills in a fun and safe manner.

**Integrity:** Demonstrates responsible behaviour at all times and maintains high ethical standards.

**Teamwork:** Ability to work on a team by helping fellow volunteers or receiving help when necessary.

**Leadership:** Motivate and inspires self and others to take action in achieving the desired outcomes.

**Diversity:** Value people with different points of view, experience and backgrounds and how they enrich the YMCA.

## CONDITIONS

**Location:** YMCA of Regina

**Status:** Volunteer

**Schedule:** 1 or 2 meetings or 2-3 hours per week

**Volunteering start date:** Coordinated with Plusone Support Worker

**Application deadline:**

Please submit resume and cover letter to: [Plusone@regina.ymca.ca](mailto:Plusone@regina.ymca.ca)