

Welcome Back!

## Mentoring Weekly Curriculum

### SEPTEMBER: SETTLING IN

Week One – Meeting Your Mentor!

Week Two – Personal Values

Week Three – My Heroes

Week Four – Self-Esteem

### OCTOBER: WORKING TOGETHER

Week One – Friendship

Week Two – Positive Communication

Week Three – Problem Solving

Week Four – Making Good Decisions

### NOVEMBER: CARING FOR OURSELVES

Week One – Internet Safety

Week Two – Personal Health

Week Three – Self Respect

Week Four – Nutrition

### DECEMBER: THE WORLD AROUND US

Week One – Discrimination

Week Two – Current Events

Week Three – Great Inventions

Week Four – My Family

### JANUARY: PLANNING AHEAD

Week One – What Do I Want To Be?

Week Two – Looking For a Job

Week Three – Embracing Our Differences

Week Four – Secret Agent Day

Join us in helping to positively impact the life of children in our community.

## **BE A MENTOR!**



### **Making a Difference in Someone's Life**

When you mentor a young person, you have a chance to have a positive effect on the course of his or her life. Most people who have ever made something of themselves had an adult who believed in and encouraged them when they were young - it made a real difference. You can be that person!

### **Learning about Yourself**

The mentoring relationship doesn't just affect the mentee! As you and your young friend talk, explore values and interests and goals, you will learn more not only about him or her, but also about yourself. How often do we take time to have these types of talks with our friends, colleagues or ourselves? It's a shared opportunity for learning and growth!

### **Giving Back and Contributing to the Future**

Most of us can remember the teacher, coach, neighbor or other adult who believed in us and helped us believe in ourselves. Many mentors see mentoring as a way of repaying that debt – and also as a way of making the community, nation and even world a better place, one future citizen at a time.