



YOUTH SERVICES

YOUTH ASPIRE MENTORING PROGRAM



TAKE CHARGE OF YOUR LIFE

Jewish Care's Youth Aspire mentoring program was launched in 2016 to provide support and guidance to young people who are experiencing, or at risk of experiencing personal or familial complexities or challenges.

Youth Aspire matches the young person with an adult mentor who can provide support and guidance to help the young person manage some of their challenges, stay connected and plan for the future.

The year-long program is aimed at young Jewish people between the ages of 14-19, with special consideration given to those under 14 years of age.

The program aims to:

- Develop positive self-esteem
- Provide a supportive connection with the Jewish community
- Improve general life skills Assist financially
- Provide career guidance



GET MATCHED WITH A MENTOR

What is a mentor?

A mentor is a community member over the age of 25 years who can provide guidance and encouragement to the young person. They are volunteers who have an interest in learning about, being with and encouraging young people to explore new ideas, develop confidence and build their problem-solving capacity.

Mentors receive intensive initial training followed by ongoing support and development from the Youth Mentoring Coordinator throughout the year. All mentors obtain a Police and Working with Children Check.

Your mentor will:

- Listen to you
- Spend time with you
- Help you access appropriate resources for personal or vocational development
- Provide support, ideas and strategies to manage and/or respond to challenges
- Provide links and contacts within the community and other opportunities to extend your networks
- Treat you with respect
- Help you set goals.

Mentoring highlights:

- Improve social and emotional wellbeing of young people
- Build knowledge about developing positive relationships
- Increase social connectedness with the community
- Provide opportunities to see life from different perspectives
- Promote creative and alternative ways of thinking
- Improve resilience to deal with challenging life events.

THE YOUTH ASPIRE MENTORING PROGRAM INCLUDES:

Academic scholarship:

An academic scholarship of up to \$500 per year is offered to participants who fulfil the requirements of the program including meeting with their mentor at least once a month. Participants can spend their scholarship funds on books, fees, tutoring, personal development or other appropriate resources as agreed with the Youth Mentoring Coordinator.

Individual development:

Young people will have the opportunity to engage in individual or group activities, both social and vocational, in support of their identified goals.

The type of activities will be determined in collaboration with their mentor and the Youth Mentoring Coordinator.



One-to-one sessions:

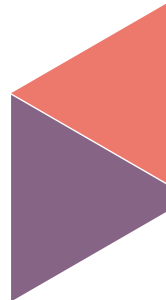
Young people are expected to meet with their mentor at least once every three weeks. More frequent sessions can be negotiated if some young people prefer to meet with their mentor more often. The matching of the mentor with the young person will be determined based on the young person's needs and the mentor's skills.



WHAT IS THE YOUNG PERSON REQUIRED TO DO?

The Youth Aspire Mentoring Program is a rewarding opportunity that requires dedication, commitment and interest. Your commitments are:

- To respond to phone/email/text contact with your mentor
- To meet up with your mentor at least once every three weeks
- To treat your mentor with respect
- To be flexible and patient
- To maintain regular contact with the Youth Mentoring Coordinator
- To take responsibility.



REFERRAL PROCESS

The Youth Aspire mentoring program is a referral-based program. Intake occurs on an ongoing basis throughout the year.

How do I refer a young person to the program?

Parents and carers, school counsellors, welfare officers and other professionals can refer a young person to the program by completing a referral form outlining how Youth Aspire will benefit the young person. If the young person is below the age of 18 years, parental consent will be requested.

I want to join the program; how do I apply?

Young people can self-refer to the program by completing an application form. A referral from a relevant professional, parent or carer will then be sought.

Referral forms and application forms can be obtained by contacting Jewish Care's Youth Mentoring Coordinator on 8517 5999, by email at youthmentoring@jewishcare.org.au or via our website www.jewishcare.org.au

What happens next?

Completed referral and application forms should be emailed to the Youth Mentoring Coordinator at youthmentoring@jewishcare.org.au

The Youth Mentoring Coordinator will review the referral/application form and contact the young person for a brief meeting to discuss the program.

The Coordinator will match the young person with an appropriate mentor based on the young person's interests and support needs. Participants will be notified once a match has been determined.

SAFEGUARDING CHILDREN ACCREDITATION

Jewish Care is accredited by the Australian Childhood Foundation under the Safeguarding Children Program.



The Safeguarding Children Program is a unique voluntary accreditation scheme for organisations who have a duty of care to children and young people whilst delivering a service or activity to them and/or their families. The Program systematically builds the capacity of organisations to keep children and young people safe from abuse and exploitation by staff, volunteers or other relevant related individuals.





If you'd like more information
or wish to discuss your needs,
please contact us:

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OUR VALUES

דרך ארץ
derech eretz
respect

קהילה
kehilla
community

הכללה
hachlala
inclusion

אחריות חברתית
achrayoot chevratit
social responsibility

