

SINGLE MOM STRONG'S MEN'S MENTORSHIP PROGRAM

Single Mom Strong's Men's Mentorship Program creates relationships between caring, positive male role models and school-aged children of single moms, resulting in the provision of support, friendship, and constructive role modelling consistently over a period of time, with the goal of creating a healthy relationship with a male figure.

The program matches school-aged youth with adult males in a sustained, healthy relationship. Mentors are trained and supported to mentor and serve as positive role models to mentees in a structured environment. Mentors and mentees meet regularly and consistently, typically for one and a half to two hours each month, over the course of a year, where they engage in SMALL GROUP ACTIVITIES to establish a caring relationship and promote the program's goals and objectives.

Program Mission Statement

The Single Mom Strong Male Mentorship Program empowers the children of the SMS community by creating enriching relationships that promote a sense of belonging and self-worth.

Benefits of Mentoring: Mentoring has shown positive impacts for mentors, mentees and the community.

Mentors:

- Improvements in moral reasoning and empathy
- Increased connection to community
- Develop skills in problem solving, communication, and conflict resolution
- Feel good about giving back and helping others
- Increased sense of generosity and leadership
- Provides the opportunity to "Pay It Forward"

Mentees:

- Positive attitude toward and connectedness to peers and family
- Enhanced self-efficiency
- Improved social skills and behavior
- Enhanced self-worth
- Enhanced sense of belonging and willingness to contribute
- Enhanced resiliency

Program Goals & Outcomes

The program's goals are ultimately achieved through the establishment of trusting, mutually beneficial relationships between mentors and mentees.

Mentee Goals:

1. Increased sense of security and belonging as demonstrated in family and day-to-day interactions.
2. Improved self-efficiency as demonstrated academically and in household responsibilities.
3. Improved behavior and social skills as demonstrated in interactions with peers.

Your Questions Answered

1. *How long will the program last?* The program starts annually in September and continues through the end of the school year in May, with encouraged participation during the summer months. Attendance at one of the Summer Sports Series events (June, July and/or August) is required.
2. *When and how often will the mentors meet with their mentees?* One evening per month for 1.5-2 hours. (Additional meetings may be approved by the mentee's mother, mentor and mentee.)
3. *Where will the mentors and mentees meet?* They will meet during regularly scheduled SMS Empowerment Workshops at Single Mom Strong's Empowerment Center.

Program Kickoff

The Single Mom Strong Summer Sports Series will be an annual event, allowing mentors and mentees to get to know each other in group environment. The children of the SMS community will participate in games coached by potential mentors and volunteers, once per month in June, July and August.

Program Activities

During the months of September and October, Mentors and Mentees will choose from provided ice-breaker activities, which will be completed onsite. From November on, the Mentor team will choose their own activities.