



## How much time is asked?

- A mentor spends approximately 2 to 4 hours per fortnight with the young person, for a contracted period of 6-12 months.
- Ongoing support and supervision is provided to mentors, by the program coordinator
- Mentor support nights are arranged periodically, giving the mentor the opportunity to share experiences with other mentors.



## Jewish Care

### Who do you contact?

For more information on becoming a mentor, or if you know of someone who may benefit from having a mentor, please contact:

**Mimi Zilka** on 9302 8037  
[m.zilka@jewishcare.com.au](mailto:m.zilka@jewishcare.com.au)

**Kelly Sacks** on 9302 8015 or  
[k.sacks@jewishcare.com.au](mailto:k.sacks@jewishcare.com.au)

**Big Brother Big Sister and Youth Mentoring, Jewish Care**

### JewishCare provides

- Services for older people living in their homes
- Services for people with disabilities
- Services for vulnerable children and families
- Mental health services
- Information about community services, referral and case work

JewishCare relies on financial support from the community. To find out how you can help call Maureen Mendelowitz on 9302 8003.

JewishCare 1300 133 660  
[firstcall@jewishcare.com.au](mailto:firstcall@jewishcare.com.au)  
[www.jewishcare.com.au](http://www.jewishcare.com.au)



JewishCare is a member of the JCA Family of Organisation

# Jewish Care Youth Mentoring



Mentors for  
young people



## What is Youth Mentoring?

Mentoring by a positive role model can open pathways for young people to feel supported, listened to and acknowledged. The power to have someone to talk to and learn from is immeasurable.

The aim of the program is to provide positive role models/mentoring support, to young adults between the ages 16 – 25 years in the Jewish community, who may be facing obstacles or challenges in their lives. Having the support of a mentor is likely to increase the young person's self esteem and confidence, empowering them to make important decisions about their lives.



## What can a mentor provide for the young person?

- A supportive relationship based on trust, empathy and respect
- Support and guidance with identifying goals and interests
- Vocational support (exploring courses and career options, job shadowing/industry experience)
- Being a positive role model

## Benefits for the young person

- More optimistic outlook on life
- Encouragement and support to achieve goals
- Opportunity to develop new skills and gain industry experience
- Reduced feelings of isolation
- Increased resilience to manage with life's challenges

## Who are the mentors?

Adults in the Jewish community aged 26+, who are responsible and caring, have excellent communication skills, and have a strong commitment to the rights and needs of young people. Being a mentor provides the opportunity to make a positive difference in a young person's life.

## What training is provided for mentors?

1 day comprehensive training includes;

- Role and responsibilities of a mentor
- Effective communication and problem solving skills
- Issues facing young people
- Goal setting
- Duty of care, values and boundary setting

