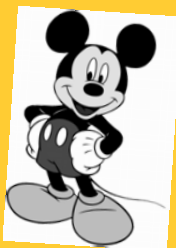


# Mentor for a Day

# Feb. 27th



Give a Day. Get A Disney Day.



All volunteers will receive one day free admission to any Disney theme park.

Supporting Volunteer work, Disney joins us in giving back to those who give of their time.

[www.HandsOnNetwork.org/Disney](http://www.HandsOnNetwork.org/Disney)

## Play and Laugh

- Group games
- Lunch with friends
- Swimming
- Board Games
- Fun planned activities

Your only commitment is the day and the only rule is to be silly!

## Join Us at the Mt. Pleasant Rec Center

An event for children wanting a mentor to receive one for an afternoon. Adults volunteer a few hours to play games, eat lunch, and play some more.

Contact person: 385-8126 ask for Cassie. Registration required.

Time: 11:00 am—3:30 pm

Date: 2/27/2010

HENRY COUNTY MENTORING PROGRAM  
IA STATE EXTENSION OFFICE: HENRY COUNTY  
127 N. Main Street  
Mount Pleasant, IA 52641  
Phone: (319) 385-8126 | [calaniz@iastate.edu](mailto:calaniz@iastate.edu)



## A story of mentoring

It was the Holiday season and both Brian\* and I decided it would be fun to go see a movie related to the Holidays. While watching *Santa Clause 3*, Brian kept asking me questions about the characters in the movie. It was half-way through that I realized he did not know who Jack Frost, Mother Nature, or the Tooth Fairy were. We sometimes take for granted the things we were introduced to as children. Giving Brian the chance to learn about the characters from my youth was a memorable experience for both of us!

- Carol\*, a mentor on her second year together with her mentee

I was so busy last month and knew I needed to take a few hours to see Rod\*, my mentee. I picked him up and we went to the park and I twirled him on the Carousel. The smile on his face during this simple activity together was breathtaking. I took a picture of him that day and it is still



the favorite snapshot of our time together. It is the simple things and spending time together that matter the most.

- Bernie\*, a mentor on her third year with her mentee

\* Names have been changed to protect the identity of the youth.



Henry County Mentoring Program

*Impacting the lives of young people by providing adult support and learning opportunities that promote character development and life-enhancing values.*



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Fax: 319-385-2617  
E-mail: [calaniz@iastate.edu](mailto:calaniz@iastate.edu)



Providing youth with consistent and caring mentors

[www.HenryCountyMentoring.org](http://www.HenryCountyMentoring.org)

## What is the Henry County Mentoring Program?

The Henry County Mentoring Program targets all four school districts in the county: WACO Community, Winfield-Mt.

Union, New London, and the Mt. Pleasant Districts.

We collaborate with the school districts, and youth-serving organizations, to increase the connectedness of youth in Henry County while focusing on positive role models.



**Be silly, dance and enjoy each other's company!**

We pair a child between the ages of 6 through 16 years old with a caring, consistent adult from the Henry County community. Together they meet two to three times each month, for a minimum of one year, exploring activities in a variety of areas and having childhood "firsts". The mentor could introduce the mentee to a hobby such as fishing or scrapbooking during their time together. They might even decide to learn to swim or learn about new cultures. What they do is never as important as the attention and time an adult mentor can give the child mentee.

## A Certified Program

The Henry County Mentoring Program is certified by the Iowa Commission on Volunteer Service—Iowa Mentoring Partnership. We adhere to the standards of the Iowa Mentoring Partnership and the Elements of Effective Practice for Mentoring.

## The Power of a Mentor

Mentoring can help by:

- Improving young people's attitudes towards their parents, peers and teachers;
- Encouraging students to stay motivated and focused on their education;
- Providing a positive way for young people to spend free time;
- Helping young people face daily challenges;
- Offering young people opportunities to consider new career paths and get much-needed economic skills and knowledge.



"Mary's self-confidence has improved greatly, and so has her ability to express herself. She still

has times of being down but they are self-dom. Big improvement, a 100% turnaround."

- Elizabeth, a parent of a child in the Henry County Mentoring Program

## What is a mentor?

A mentor is a trusted friend, a counselor, a role model, a coach. When you think back to



**Learning how BIG the world is and how much potential there is for growth**

someone who was influential in your youth, who do you think about? What were the qualities of the person who mentored you? Usually what

comes to mind is someone who listened to you, believed in you,

and encouraged you along the way. Those are the qualities of an effective mentor.

The philosophy of the Henry County Mentoring Program is that all youth can benefit from a positive mentor/mentee relationship. By providing youth with consistent, caring mentors, youth will recognize their unlimited potential and achieve their own vision for their future.

To learn more: please visit our website at [www.HenryCountyMentoring.org](http://www.HenryCountyMentoring.org) or call our office to schedule time to meet with our Mentoring Coordinator.

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