

# INFORMATION FOR WOMEN SEEKING TO RECEIVE OR OFFER SUPPORT

Scarborough Women's Centre offers a one-to-one program for women in transitional periods or would benefit from support as they are working towards specific life/vocational goals.

Through the program, a participant (mentee) is matched on a one-to-one basis with a trained volunteer. The mentee will receive support in an informal setting throughout the course of a six month or one year service contract period.

It is important to note that mentorship is not counselling. Sometimes it might be better for a woman to engage in individual counselling before participating in the mentoring program.

## OUR MISSION:

Scarborough Women's Centre delivers programs and services to promote positive change for women in a safe, inclusive and welcoming environment. The Centre empowers women to become economically and emotionally independent for future success and to strengthen their local communities, free from violence.

There is no cost for services and participation is voluntary.



As you grow older you realize that you have two hands.

One for helping yourself, the other for helping others.

Maya Angelou

July 2018



## ONE TO ONE MENTORING PROGRAM

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A peer-based resource for women seeking to receive or offer support

Scarborough Women's Centre

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[www.scarboroughwomenscentre.ca](http://www.scarboroughwomenscentre.ca)

[volcoord@scarboroughwomenscentre.ca](mailto:volcoord@scarboroughwomenscentre.ca)

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## Types of Support Offered

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### SUPPORTIVE MENTORING

This resource is for those who are coping with various life changes such as divorce, separation, a death in the family, job loss, or moving to a new city/country. Mentors assist women to build their support system, break their isolation and be more in charge of their lives.

### ENGLISH CONVERSATION - MENTORING/TUTORING

This support is offered to women who are new to Canada or those whose first language is not English. Mentors assist women who have already completed ESL or LINC programs to further develop English conversation skills by practicing in an informal, comfortable setting.

### STEPS YOU CAN TAKE TO HAVE THE SUPPORT OF A MENTOR

- Fill out an application
- Set up an intake interview with the Coordinator to see if the program is right fit for your situation.
- Attend an intake interview.
- Get matched with and introduced to a Volunteer Mentor.
- Sign the program contract.
- Coordinate and attend the first meeting.

### STEPS YOU CAN TAKE TO OFFER YOUR SUPPORT AS A MENTOR

- Fill out the Volunteer application available on our website, or in person at the Centre.
- If selected, the Coordinator will contact you; this takes place in the fall of each year.
- If chosen to be a volunteer, you will be asked to obtain a vulnerable sector police record check.
- Candidates will then be asked to attend the mandatory 5 week training series, which focuses on supporting women in a peer-based volunteer capacity.

## What are the Benefits?

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### SUPPORTIVE MENTORING RELATIONSHIPS CAN ASSIST WOMEN TO:

- Increase their support system
- Break their isolation
- Be more in charge of their lives

### LITERACY/ENGLISH CONVERSATION MENTORING CAN ASSIST WOMEN TO:

- Improve their writing skills
- Improve their reading and numeric skills
- Build confidence in their conversation skills

### WHY BE A MENTOR? MENTORS WILL OFTEN:

- Increase their own confidence
- Develop new helping skills
- Feel a sense of fulfillment
- Acquire or strengthen career experiences/skillsets

### CONTACT US FOR MORE INFORMATION

When women support each other  
Incredible things happen.

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