

VISION: To promote senior women's health, wellbeing and development through a Mentoring Program.

SWC's Senior Mentoring Program exclusively involves senior women and uses a unique concept of recruiting and training seniors to mentor other seniors, allowing them to learn how to actively address the issue of social isolation themselves. The mentoring aspect will also involve goal-setting and education to empower mentees with skills and knowledge to improve their lives.



OBJECTIVE:

The program will:

- Lead to opportunities for senior women to network and reduce isolation
- Raise awareness about elder abuse through workshops
- Support activities that promote learning and sharing information
- Promote volunteerism among seniors.
- Instill self-esteem, purpose, and independence in both mentors and mentees
- Allow senior women to gain control over their lives to counteract ageism

QUALITIES OF A GOOD MENTOR:

- Do you care about the senior women in the community?
- Do you listen and communicate effectively?
- Are you aware of personal boundaries?
- Can you maintain confidentiality?
- Are you non-judgmental and empathic?
- Can you limit your personal views and opinions when necessary?
- Are you willing to ask for help if you have questions or concerns?

BENEFITS OF BECOMING A MENTOR

- Benefit from experience, knowledge and training
- Learn by sharing experiences
- Build relationships
- Improve communication and personal skills
- Benefit from a sense of fulfillment
- Develop leadership qualities and skills
- Satisfaction of watching your mentee grow and change
- Empowerment of yourself and others
- Build your professional resume



*“Aging is out of your control,
How you can handle it, though,
Is in your hands”*

- Diane Von Furstenberg

Mentoring Program for Senior Women

Come be a part of
something
special!



**SCARBOROUGH
WOMEN'S CENTRE**

2100 Ellesmere Rd, Suite 245
Scarborough, Ontario M1H 3B7
Phone: 4164397111 Email:
ed@scarboroughwomenscentre.ca
Website: scarboroughwomenscentre.ca

CONNECTING SENIOR WOMEN

This is a phone-based one-on-one mentoring program where younger seniors will mentor middle seniors and older seniors for the duration of 6-12 months. However, pairs are free to arrange the number of meetings and location in consultation with staff (e.g. meet once a week at a café or library etc.).

BENEFITS OF PARTICIPATING AS A MENTEE

- Feel less lonely, isolated or judged
- Reduce distress, depression, anxiety or fatigue
- Talk openly and honestly about your feelings
- Improve skills to cope with challenges
- Stay motivated to manage chronic conditions or stick to treatment plans
- Gain a sense of empowerment, control or hope
- Improve understanding of a disease and your own experience with it
- Get practical feedback about treatment options



ARE YOU?

- Socially isolated?
- Relocated to a new living situation?
- Concerned about your health?
- Experiencing loss and bereavement?
- A victim of abuse?
- Stressed as a caregiver?

ADDITIONAL ISSUES THAT IMMIGRANT & NEWCOMERS MAY FACE

- Language barriers
- Discrimination
- Culture shock
- Navigating the Canadian system.

Check the activities you may be interested in doing with your Mentor. Here are some ideas:

- Attend workshops
- Crafts
- Discuss current events
- Drawing/Painting
- Doing puzzles

- Discuss music, books or movies
- Going for coffee/tea
- Going for walks
- Knitting/ crocheting/ sewing
- Musical activities
- Playing board games
- Attend community events
- Watch movies or sports
- Play card games

Please note that this service cannot provide personal services or help with household chores

The program will be monitored by monthly telephone interviews with both mentors and mentees. They will be asked to report their satisfaction of the relationship with their mentor/mentee. They can share their concerns and also give feedback on SWC's facilitation of the program.

