



# BECOME A THERAPEUTIC MENTOR

Are you interested in supporting youth in the Bristol community?

Volunteer to serve as a positive role model to Bristol youth through guidance, games, advice, and meaningful connection.

The Therapeutic Mentoring program serves students in elementary through high school by supporting, coaching and modeling skills such as: interpersonal communication, problem-solving, conflict resolution, and peer relations. This a great way to make lasting connections, build guidance and leadership skills, and get involved in the local community.

The Therapeutic Mentor program runs through October 2022.



## Who Can Be A Mentor

Strongly Preferred Qualifications

- Bristol Residents
- Adults Ages 21 & up
- Experience working with youth ages 5 to 17

## What to Expect

Mentors and Mentees will meet at least once per week for one hour

Mentoring may occur during the day, evening, and/or weekend hours

Mentor and mentee schedules will vary based on Mentor availability

Schedules and activity locations will be established in agreement with the Mentee's family

Mentors are NOT responsible for transporting mentees

## Interested?

Complete the Therapeutic Mentoring program application at [www.BristolRec.com](http://www.BristolRec.com)

Upon acceptance, mentors will complete the complete the Therapeutic Mentor training.

## For More information

Please contact  
Alyson Phelan,  
Youth & Family Coordinator,  
at (860) 314 - 4690 or  
[Alysonphelan@bristolct.gov](mailto:Alysonphelan@bristolct.gov)