

“It takes a village to raise a child.”



We envisage a community where women and their families are connected with families and services in the community; where positive relationships based on mutual trust and respect help to build self-confidence, strengthen life skills and nurture the child-parent relationships, ultimately building a better life for children and their parents.

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Be a Link to Hope for those in need:

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# MENTORING MUMS PROGRAM



Sharing the Journey

“A mentor is one who knows the way, goes the way, and shows the way.”

## OUR MISSION

- To connect struggling, pregnant and parenting women with caring women and services in the community
- To help build the resilience and protective factors necessary to help mothers reach their full potential

### THIS IS ACHIEVED BY:

- Providing a one-to-one mentoring service to pregnant and parenting women through casual weekly get-togethers, personal goal-setting and support to achieve those goals
- Offering relevant social and educational programs and opportunities (playgroup, parenting programs)
- Facilitating connections with service providers in the wider community



## WHAT IS MENTORING?

“Mentoring is a structured and trusting relationship that brings people together with caring individuals who offer guidance, support and encouragement aimed at developing the competence and character of the people involved.”

S.Madison

### *Trust & Support*



## WHO ARE THE MENTORS?

Mentors are volunteers from the community committed to the welfare of women and their children. The mentor is a listening ear; she is respectful, sensitive, accepting and committed to the relationship. She is a positive role model, and an encourager of individual growth to assist mums reach their full potential.

## WHO ARE THE MENTORING MUMS MOTHERS?

Pregnant or parenting women, who are looking for some extra support. Mothers can be self-referred or referred by an organisation.