



Introduction to our Mentoring Programs, Roles, and Responsibilities

First, thank you for your interest in becoming a Release & Refresh Women's Empowerment Series, Inc. (RRWES) Mentor. We recognize sometimes people just need a listening ear, support, and guidance and that's where you come in.

Your role is one of support and guidance with regular check-ins, accountability, and connection to resources. The mentor and mentee work collectively to set goals and take action towards achieving a better quality of life.

All mentors will attend Mentor Orientation and be given tools for you to help you help your Mentee reach their goals!

We have two Adult Mentor programs:

Grace Program Mentor Program

This one-on-one six-month program is targeted to Single Moms, parents of Elementary/Middle School students at George Washington Carver Academy in Highland Park, Michigan, who is either housing insecure, homeless, or transitioning to stable housing. Many of the women in this program do not have adequate family support or a support system. Many women in this program need someone they can trust and be a "support." The Grace Program also provides financial assistance (our organization provides that) for emergencies or other needs.

Refresh Mentor Program

This one-on-one six-month program is for Women 18+ looking for specific areas to grow. For example, spiritual, career, education, family, parenting, personal growth, relationship, etc.

Mentor Requirements

All mentors **MUST** have a passion to help Women, Girls and Families live life to their fullest. Patience, a heart to serve and lead, empathetic, great listener and verbal communicator are also required.

All Mentors will complete an on-line application, must undergo FBI background check, and are matched based on your application and Mentee.

Mentor Role and Responsibilities

- Attend mandatory Mentor Orientation
- Help facilitate realistic SMART Goals and Life Map with Mentee

- Be supportive of Mentee
- Maintain a regular schedule that meets the needs of both you and the mentee
- Maintain regular check-ins to assess Mentee needs and to ensure SMART goals are on track. (Zoom, phone, or face-to-face in a public space) if able. Check-ins should be at minimum twice a month. Ideally weekly
- Guide her to find the best solutions for her and her family situation
- Document results of check-in calls/meetings to track progress and submit monthly report to the Mentor Coordinator (Form will be provided)
- Work closely with RRWES Mentor Coordinator and communicate any relevant information or concerns, questions
- Participate in RRWES Mentor and Mentor/Mentee Group events
- Request funds from RRWES (**Grace Program only**) for Mentee as needed
- Refer Mentee to helpful resources