

Why is Mentoring Important?

Benefits of Having a Mentor

- **Youth are less likely to use drugs and alcohol**
- **Youth have better self-confidence**
- **Youth have better relationships with their families and their peers**
- **Youth have a better sense of their future**

How It Benefits the Mentor

- **Mentors often find they learn something from their mentee**
- **Mentors have less anxiety**
- **Mentors have a greater sense of empathy and resilience**
- **Mentors gain better leadership and communication skills**

January is National Mentoring Month. Mentoring is vital to not only the youth who are mentored, but for the adults who are the mentors. Mentoring can be a powerful relationship that encourages sharing knowledge, supporting one another, building each other's confidence, and learning from one another. Torchlight Youth Mentoring Alliance serves Geauga, Ashtabula, and Lake Counties. Torchlight Youth Mentoring Alliance provides four mentoring programs for youth.

To learn more, go to www.torchlightyma.org

TORCHLIGHT
Youth Mentoring Alliance

or please contact:

Matthew Petersen OCPC- mpetersen@lgrc.us
Missy Bell OCPC- mary-alice.bell@ravenwoodhealth.org

This information is provided by the Geauga County Opiate HUB Coalition

geauga county board of mental health & recovery services