

Mentoring Information Sheet For Parents and Carers



Counselling in schools
Mentoring & Brief Therapy

How does it work?

The Mentoring involves the young person meeting with a Mentor for a minimum of an hour a week in a public place such as a café, library, School or maybe engaging in a social activity, where they have the opportunity to talk about anything they wish to discuss or want advice on. Typically a mentoring relationship lasts for 6 months.

Some young people decide to set goals at the beginning of the relationship which they would like to achieve over this period of time, whilst others simply value the one to one time just to talk with someone outside of their family/school network who they trust.

Some of the things Mentors have helped young people with, include; personal skills, confidence building, time management skills, social skills, help with school/college and future prospects.

What is my involvement?

Whilst parents/carers are welcome to attend the beginning of the first meeting between the young person and the Mentor, once the relationship has been established contact would be between the young person and their Mentor to encourage independence in the young person. If you wish to discuss anything around the mentoring please contact the service directly.

For the Mentoring support to be effective, the young person must be willing to meet with their Mentor on a regular basis. This is also important as our mentors are volunteers offering their own time to support the young person.

All Mentors undergo a thorough recruitment process, 3 day training and have a valid Disclosure and Barring Service (DBS) check.

For more information contact the Mentoring Programme on **01992 555661** or by email mentoringmailbox@hertfordshire.gov.uk

