



## WHAT IS MENTORING PLUS

We combine structured services with healthy personal relationships between youth, M+ staff, and dedicated volunteers.

### WHAT WE OFFER:

- Weekly Programming
- Low-Moderate Case Management
- Life Skills Workshops
- Life Coaching
- Ongoing Support
- Job Supports Services



## PROGRAM BREAKDOWN:

- Development of a Personal Goal Plan
- As-needed case management support to connect youth with community resources (e.g., housing, food, employment, mental health care)
- Weekly communication with caregivers and ongoing family consultations
- Access to donor-supplied emergency resources, such as food, basic hygiene necessities, winter coats, etc.
- Weekly mentoring, in a site-based, staff-supervised setting
- Start-to-finish match support in mentor/mentee relationship
- Weekly instruction in independent living skills (financial literacy, career planning, education prep, personal care, mental health coping skills etc.)

### MAIN PROGRAM: 13-17

Focuses on building

- building foundational skills
- building confidence
- managing time
- strengthening communication
- developing coping skills

### INDEPENDENT LIVING: 16-21

Builds upon foundational skills

- independence
- job exploration
- life management
- money management
- goal setting

## OTHER SERVICES

### PRE-ETS

Pre-employment transition services (Pre-ETS) help students with disabilities explore job options and build skills for the workforce, including career counseling, job readiness training, and work-based learning experiences.

## OUR CONTACT

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