

Are you interested in providing well-being support to individuals?

Want to gain hands-on experience in mental health?

Become a Peer Mentor

Not all Superheroes Wear Capes

Information Session
JUNE 30, 2021
5 PM - 6 PM

Join us virtually to learn about the application process and peer mentor experience

<https://ringcentr.al/34GP7LI>

To learn more, contact:

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Peer Mentor Program

You can make a difference



ABOUT PEER MENTORING

The Peer Mentor program trains volunteers who want to learn how to provide emotional support to peers. For every individual (i.e. mentee) they meet with, the role of Peer Mentors is to listen, help identify strengths and areas of need, identify supports and suggests resources to help address mentee concerns. Once trained, Peer Mentors can offer one-on-one mentoring, and facilitate well-being activities and community events.

PEER MENTOR BENEFITS

- Give back to your local community
- Find support in your own recovery
- Grow personally and professionally
- Receive hands-on experience in community mental health

PROGRAM REQUIREMENTS

- Ages 18 and older
- Connected with the cities of Pomona, Claremont or La Verne
- Clear a background screening
- Available to attend mandatory bi-weekly virtual meetings (Tuesdays at 5 PM) and meet regularly with mentee(s)
- Fulfill a program commitment of at least 9 months (program begins in September)



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