

**NACYS believe that volunteers  
are at the heart of the  
Community.**

**They are the factor that  
changes isolated  
individuals into a  
concerned, active,  
and empowered  
community.**



**Call Northern Area Community and  
Youth Services Inc and find out  
about accessing a mentor or  
becoming a part of our mentor  
volunteer team**

Please call Matthew Doherty  
Manager of Youth Services

**(08) 8252 2474**  
mdoherty@nacys.as.au



**Northern Area  
Community and Youth  
Services Inc**



**NACYS  
Mentoring  
Service**





## What are mentors?

Mentors provide social support, assistance and educational support to vulnerable young people within NACYS programs.

The aim of the mentor program is to develop the self worth and confidence of the young person through the experience of having a positive adult friend in their lives, who listens, understands, accepts and respects them. Mentors support the youth in a variety of ways that could include educational support, a trustworthy and accessible friend, a shoulder to lean on or someone to have fun with.



## Skills of mentors

Mentors respect the essential humanity, worth and dignity of all people and recognize the uniqueness of each person while opposing discrimination and oppressive behaviour.

Mentors make every effort to foster self-determination and individual responsibility on the part of the mentorees.

Mentors take all reasonable steps to foster their mentorees psychological and physical well-being.

Mentors respect the privacy of their mentorees and preserve the confidentiality of information acquired in the course of their mentoring.

Mentors are mindful of their obligations under the law, and to wider community.

**NACYS mentors are FREE**

**and are trained**

**in a variety of skills**

## The Mentoring Cycle

### Literacy / Numeracy

- Process
- Self - Esteem
- Life Skills
- Encouragement
- Awareness
- Confidence
- Two-learning
- Inter-generational

Transition to adulthood



Problem Solving Skills