

## SINGLE MOM STRONG'S MEN'S MENTORING PROGRAM

*Single Mom Strong's Men's Mentoring Program creates relationships between caring, positive male role models and school-aged children of single moms. Mentors strive to build a supportive, friendly, healthy relationship, while providing constructive role-modeling consistently over a period of time.*

The program matches school-aged youth with adult males in a sustained, healthy relationship. Mentors are trained and supported to serve as positive role models to mentees in a structured environment. Mentors and mentees meet regularly and consistently, typically for one and a half to two hours each month, over the course of a year, where they engage in SMALL GROUP ACTIVITIES to establish a caring relationship and promote the program's goals and objectives.

### **Program Mission Statement**

The Single Mom Strong Male Mentoring Program empowers children of single mothers by creating enriching relationships with positive male-figures, counteracting previous examples of abandonment and promoting a sense of belonging and self-worth.

**Benefits of Mentoring:** Mentoring has shown positive impacts for mentors, mentees and the community.

Mentors:

- Improvements in moral reasoning and empathy
- Increased connection to community
- Skill development in problem solving, communication, and conflict resolution
- Gratification from giving back and helping others
- Increased sense of generosity and leadership

Mentees:

- Positive attitude toward/ increased connectedness to peers and family
- Enhanced self-efficiency
- Improved social skills and behavior
- Enhanced self-worth
- Enhanced sense of belonging and willingness to contribute
- Enhanced resiliency

## **Program Goals & Outcomes**

The program's goals are ultimately achieved through the establishment of trusting, mutually beneficial relationships between mentors and mentees.

### **Mentee Goals:**

1. Increased sense of security and belonging as demonstrated in family and day-to-day interactions.
2. Improved self-efficiency as demonstrated academically and in household responsibilities.
3. Improved behavior and social skills as demonstrated in interactions with peers.

## **Your Questions Answered**

1. *How long will the program last?* The program starts annually in August and continues through the end of the school year in May, with encouraged participation during the summer months. Attendance at one of the Summer Sports Series events (June and/or July) is required.
2. *When and how often will the mentors meet with their mentees?* One evening per month for 1.75-2 hours. (Additional meetings may be approved by the mentee's mother, mentor and mentee.)
3. *Where will the mentors and mentees meet?* Meetings are held at the Empowerment Center in Citrus Heights. EmpowerME Preschool staff will be onsite to assist.

## **Program Kickoff**

The Single Mom Strong Summer Sports Series is an annual event, allowing mentors and mentees to get to know each other in group environment. The children of the SMS community will participate in games coached by potential mentors and volunteers, once per month in June and July.

## **Program Activities**

During the months of August, September and October, Mentors and Mentees will choose from provided ice-breaker activities, with staff support, which will be completed onsite. From November on, the Mentor team will choose their own activities, with each mentor leading an activity during one monthly meetup.