



The power of showing up

# Youth mentoring program

## Improve student wellbeing and engagement

**Raise Foundation exists to help young people and delivers over 180 best practice youth mentoring programs across Australia.**

**We are pleased to share that the Raise Youth Mentoring program is running at your school. Young people who graduate from the Raise program experience growth in resilience, help seeking skills, sense of belonging and hope for the future.**

The supervised mentoring sessions are the same time each week in terms two and three and the first weeks of term four. All sessions are facilitated by a qualified Raise Program Counsellor.

Raise mentors are carefully selected volunteers who have completed Raise best practice youth mentoring training. All mentors are screened, trained and have Working with Children and National Crime checks.

Raise mentors will visit your school as a group each week of the program for approximately one hour of supervised mentoring, followed by confidential support and development.

**You or your student have been nominated by your school to join the program and get matched with an awesome Raise mentor. For more information please see our parent and carer FAQs available on our website.**

**"It has helped me to talk more about how I am feeling, I feel like I can talk about not being okay."**

– Mentee



### A solution built on strengths



Youth mentoring experts



Best practice mentor training



Evidence based program



Qualified counsellor supervision



Comprehensive evaluation

**To accept this invitation, please complete the consent form provided.**

**raise.org.au**