

Connect!!

## Why Not...

- ★ Help build a positive relationship with a deserving teen?
- ★ Provide a girl with a means for support and encouragement?
- ★ Guide a young girl using your unique life experiences?

Support!!

## Did you know...

That young people with mentors are more likely to stay in school, less likely to use drugs, and more likely to make positive life choices?

HAVE FUN!!



Become a Girls Quest Mentor today!



## Girls Quest

Girls Quest's mission is to nurture girls from low-income families in New York to help them achieve their full potential and become active members of their communities by building academic and social competence. This is done through outdoor experiential education, year-round mentoring, and leadership training programs.

Mentees must have participated in our Summer Experiential Education and Development Program (SEED), located at Camp Oh-Neh-Tah, the same year they apply to our Mentor Program.

The Mentor Program provides our teenage girls with year-round support networks during the challenging adolescent years.

*Going Outside. Growing Inside.*

Contact: Susan Koshy, MSW  
Director of the Mentor Program  
skoshy@girlsquest.org

Girls Quest  
150 West 30th Street  
Suite 901  
New York, NY 10001  
212-532-7050  
www.girlsquest.org

THE MENTOR PROGRAM



*Katherine (mentee) & Betty (mentor),  
matched for four years*



**GirlsQuest**  
*Going Outside. Growing Inside.*

2003 Eleanor P. Eells Award  
for Program Excellence

**Empowering Girls...  
Enriching Futures**

# Empower!

# Make a difference!

## The Mentor Program

Girls Quest's community-based Mentor Program provides positive female role models and strong support structures to girls ages 12-17. Selected professional women are carefully screened and then matched with compatible girls. The program is a year-long commitment between the mentor and mentee. Twice a month, mentors and mentees spend a total of six to eight hours together, participating in fun and enriching activities throughout the NYC metro area. Our program is flexible in that the activities planned with your mentee are geared towards the goals that both of you establish. Goals can vary from cultural exposure to building your friendship.

### How to Become a Girls Quest Mentor:

Mentors are required to successfully complete all four phases of the application process prior to being accepted as a Girls Quest Mentor.

**First Phase:** Applicants are required to submit a mentor application and provide a minimum of 3 (non-related) references along with a current resume.

**Second Phase:** Applicants will be invited to participate in an interview with the Mentor Program staff.

**Third Phase:** Applicants will be invited to attend an in-depth orientation to prepare them for the role and responsibilities as a mentor.

**Fourth Phase:** Applicants are to complete a background screening.

### Profile of a Girls Quest match:



**Taji (mentee) at Queenette's (mentor) wedding day.**

**"I am grateful to have met with Taji and her family. I have come to know a great family and build a wonderful relationship with a girl half my age. I've learned many things from Taji and I appreciate her for who she is. Even after our one year is up, I know I've made some friends in the process that will probably last a lifetime."**

### Mentor Support Network (MSN)

As a Girls Quest Mentor, you not only receive support from the Mentor Program staff but you have the opportunity to interact with fellow mentors. Mentors have the opportunity to communicate with each other via e-mail and attend quarterly MSN meetings. MSN meetings allow mentors to share their match experiences and provide support and feedback to one another.

Also throughout the year Mentors are welcomed to participate in Girls Quest events such as our Annual Holiday Reunion, Harvest Day, Book Fair and Volunteer Weekend at Camp Oh-Neh-Tah.



**MSN meeting in March 2006**

# Become a Mentor!