

Why mentoring?

Refugee youth and their families face incredible challenges. The need to have positive mentors in their lives is clear.

- "Mentored youth are more likely to have: fewer school absences, better attitudes toward school, fewer incidents of hitting others, less drug/alcohol use, more positive attitudes toward elders and improved relationships with parents" (Jekielek, et al, 2002).
- "Developing and maintaining healthy relationships with others is essential to recovery from trauma" (Johnson, 2005).



Interested in becoming a mentor?

Volunteers are always needed!

For more information or to become a mentor, please contact our Mentorship Coordinator:

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N.E.E.D.S. INC.

Mentorship Programs



Our Mission:

To enhance the integration of immigrant and refugee youth in Canadian society.



N.E.E.D.S. Inc. Mentorship Program Information

Agency Information:

N.E.E.D.S. Inc. was established in 1999 as a non-profit, charitable organization for refugees and immigrants.

Our goal is to enhance the integration of newcomers into Canadian society by providing youth with employment, education and social recreation programs supported by psycho-social educators.

Mentorship Program Information:

Our mentorship program matches youth, ages 6-18, with positive adult mentors. Mentors engage their youth in recreational and educational activities.



What does the mentorship program involve?

Youth are paired with a mentor and meet six hours a month for a total of one year.

Through the mentoring relationship, the mentor and youth work together to help the youth connect positively with their new community.

Mentorship helps volunteers to:

- Increase their regard and respect for people from different backgrounds and cultures
- Feel like they are part of a wider community
- Develop new friendships and relationships
- Recognize that they can make a difference!

For only a few hours a month you can help make a difference in a youth's life and make a positive impact on your community.

Give a little, get a lot in return.