

## Why mentoring?

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

- Mentored newcomer youth are more likely to acquire or improve their English language competency, have a better academic performance, school engagement and success, have good relationships with parents and elders; and less likely to be dropped out of school and be engaged in criminal activities and drug/alcoholic use (Oberoi, 2016).
- “Developing and maintaining healthy relationships with others is essential to recovery from trauma” (Johnson, 2005).



## Are you interested in becoming a Mentor?

*Volunteers are always needed!*

For more information or to become a mentor,

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

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## Mentorship Program



### 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 psychosocial educators.

## Mentorship Program Information:

The Mentorship Program pairs volunteers from the community of Winnipeg one-on-one with a newcomer refugee youth.

Mentors commit to the program for one year and spend at least 6 hours per month with their mentee.



## What does the mentorship program involve?

Mentors engage their mentee in activities and outings such as:

- Going to the park to play soccer or Frisbee,
- Going to a museum, art gallery, or sporting event,
- Learning about the library,
- Cooking a meal, etc.

NEEDS Centre provides mentors with free tickets and passes to activities and events happening in Winnipeg. Mentors act as positive adult role models for the youth while simultaneously introducing the youth to positive activities and resources that they might not otherwise be exposed to.

## 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.*