



## Become a Mentor

Be a friend, a coach,  
and a role model.

We need your special skills and perspective.  
Show a young person new opportunities and build their  
confidence to set big goals.

# Alameda County Foster Care Mentoring Program

### What is a Mentor?

Mentors partner with their mentee to form a personal relationship to build resilience, academic engagement, and a support network. Mentors focus on goal setting, homework help, and career exploration.

Mentors are trusted, caring community volunteers who are vetted and trained and then interviewed by a mentoring project coordinator to be matched to a mentee.

Mentors help their mentees to realize their potential and self-worth.

### Mentor Requirements

- Must be 21 years or older
- Pass a background check
- Attend mentor training
- Live in or near Alameda County, CA
- Commit to 2+ hours per week for 1 year

Consistently show up. Be a friend. Give support without judgement or conditions.

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Sign up online:

<http://beamentor.org/ACFOS>

