



## **North Island Métis Association**

Room A123A – 740 Robron Road  
Campbell River, B.C. V9W 6J7  
250-287-7417 office@nimetis.com  
www.nimetis.com

### **Important Information About Becoming a Mentor**

#### **What is the purpose of the program?**

The *Embracing the Spirit of Our Ancestors* Mentorship Program is designed to give a Métis grade 9-12 girl the opportunity to have a one-on-one relationship with an adult Métis woman. Through these relationships, as well as recreational and group activities, mentors provide friendship, support, and guidance to the mentee. The mentors are there to act as a positive role model.

#### **Is the mentorship a paid position?**

No, this is a voluntary program. There are no costs or fees for participants, and there is no compensation in terms of expenses incurred or for time volunteered.

#### **Your Role as a mentor**

A mentor is a trusted advisor who is sensitive, supportive and committed to serving as a role model. The mentor possesses attributes such as patience, flexibility and assurance. Consistency and commitment are the most important elements of a mentoring program.

#### **Your responsibilities as a mentor**

- Build a relationship of trust
- To provide support and motivation to your mentee
- To listen without judging
- Help build confidence and self-esteem
- To encourage and facilitate youth in learning how to make decisions for themselves
- To be willing to share your experiences and ideas with your mentee
- To attend all training sessions and pre-arranged NIMA events
- To attend all scheduled meetings established with your mentee

#### **When will I meet my mentee? What kinds of activities will we do together?**

Pre-arranged monthly events will be hosted by NIMA at the Robron Centre and events typically take place on Saturday or Sunday. Please see attached calendar of events planned by NIMA. The first meeting in October will be where you meet your mentee for the first time.

Mentors are encouraged to connect with their mentee outside this monthly event. Meetings will be at a day and time convenient to you, the mentee, and their parent/guardian. There is no scheduled location or activity for the non-NIMA arranged meetings. Rather, you will call the mentee to set up plans for the week. Activities range from going to the library, to going for lunch, to seeing movies, or going on hikes together. All activities are agreed upon by you, the mentee, and their parent/guardian. Included is a list of low-cost or no-cost activity suggestions you and your mentee can do.

#### **What about transportation?**

It is the responsibility of each mentor-mentee pair to decide on a transportation plan that will work for them. It is the responsibility of the parent/guardian and mentee to arrange transportation to events and meetings. If you are asked and agree to drive the mentee, NIMA accepts no responsibility in this, as it is not your responsibility to drive the mentees and we are recommending you do not drive your mentee due to liability reasons. NIMA will not reimburse for any mileage or gas used by the mentor for this program.



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### **What if the parent/guardian asks that I tutor or babysit the mentee and/or other children?**

The *Embracing the Spirit of Our Ancestors* Mentorship Program is not a tutoring program nor a babysitting service. You are not responsible for any other person besides your mentee, and others should not join you while you are doing a mentor-mentee activity. While sometimes mentors decide to assist on school work, this is not a requirement for the mentors. If you have issues with parent/guardians expecting child care, please contact the Jackie Lever, Executive Director at 250-287-7417 or [executivedirector@nimetis.com](mailto:executivedirector@nimetis.com).

### **Can I bring other people with me to a meeting with my mentee?**

No. A mentoring relationship is special in part because it is a one-on-one relationship. Even teens that feel very close to their parents sometimes need to talk with friends outside of the family. The mentor is an adult friend with whom they can talk about things that concern them.

### **What should I do if I can not attend a meeting?**

Call your mentee and reschedule the meeting to a time that is more convenient. Be sure to keep the phone numbers of the mentee handy so that you can call them when needed. If you can not attend a scheduled NIMA event, please call the NIMA office at 250-287-7417 as soon as possible. Please note that only emergencies are an accepted reason to miss a NIMA event, and if you are unable to attend more than one event, you could be removed from the program.

### **Who will pay for activities?**

Mentors and mentees always pay for their own expenses. If there is a cost for an activity, then the mentee will be responsible for the youth's fair share and you for your own. Monthly events hosted by NIMA are cost-free; we have provided a list of low-cost or no-cost activity suggestions. As with any friend, you may treat the mentee occasionally, but it should not be expected on a regular basis.

### **How much should I get involved with family problems/ concerns?**

Although you are encouraged to get to know the mentee and their family, you are not a counsellor. It is okay to be supportive, but creating healthy boundaries are important. If you need support with a mentee or the family, let us know so we can support you.

### **What if the match is not going so well?**

Please inform Jackie Lever. It is important to express your thoughts on the match as openly and as honestly as possible so that Jackie can speak with both parties and determine the issues. If the issues cannot be resolved, the match will be closed. We can not promise that another match can be made, but if it is possible, we will try.

### **What if there are concerns or questions that have not been addressed in this information?**

Please call Jackie Lever, Executive Director of NIMA, to discuss any concerns or questions at 250-287-7417 or email at [executivedirector@nimetis.com](mailto:executivedirector@nimetis.com).



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### List of Low-cost or No-cost Activity Suggestions for mentor/Mentee Meetings

- Go for a walk on a trail, around a park or along the seawalk
- Go for a “coffee” - this can be any drink - sit and get to know each other
- Go to free events happening around Campbell River - What’s On Digest and the City of Campbell River websites will have lists of events with dates and times
- Teach or learn how to do something together, such as origami, beading, painting, building something or another interest that you would both enjoy doing
- Go to a movie or show and discuss it afterwards
- Play games together - this could be a physical activity (frisbee, basketball, etc.), board/card games or an app like Pokémon Go
- Do yoga or jog together
- Cook a meal or make a snack together
- Attend an event in which your mentee is participating, such as a sporting event or play
- Go out for a meal
- Go to a museum, library, art gallery or other places that you are interested in
- Go swimming, rock wall climbing or ice skating
- Check out the Farmer’s Market
- Take photographs somewhere scenic using some new phone apps or just for the fun
- Find a book you both would like to read, and discuss it once you have read it
- Check out a bazaar, festival or fair if they are happening
- Go fishing
- Play golf
- Attend presentations, workshops or classes through NIC or Campbell River Recreation Programs
- Carve a pumpkin for Halloween
- Make decorations (e.g. for Christmas) or make other crafts such as a scrapbook
- Go geocaching
- Try one type of food or drink at several different venues, like donuts or hot chocolate, and discuss which place was the best and why
- Take your mentee along with you to do errands (but not to put them to work)
- Help them with something, such as a resume or application form
- Talk about current events while doing another activity to explore their knowledge of the world and how it impacts them
- Find out what type of music they like, listen with them and find out what they like about it. This can also be done with movies, online videos or tv shows
- Go for a bike ride
- Play musical instruments together (if you both know how)
- Introduce them to your pet(s)
- Ask the mentee what they like to do, and let them help plan the next meeting



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### **Calendar of NIMA Planned Métis Mentorship Cultural Events**

Please note that events with Lisa Shepherd and Suzan LaGrove may change to Sunday if required. Time will be provided close to the date of the event, but all events will occur during the day.

Saturday, October 26th - Getting to Know Each Other: Games and Lunch

Saturday, November 23rd - Beading with Lisa Shepherd

Saturday, December 7th - Blanket Stitch Decorations

Saturday, January 18th - Capote making with Suzan LaGrove

Saturday, February, 22nd - Moccasin making with Lisa Shepherd