

Who will benefit from the Peer Mentoring program?

- Foster parents
- Children in Care
- Birth families

Peer Mentors will receive:

- Training
- Support from Association staff as required
- Honorarium

Mentors provide support in areas such as:

- Navigating the foster care system
- Getting involved in Local Associations
- Handling crisis
- Working with birth families
- Helping foster parents understand their role
- Reaching out for support
- Self-care
- Effective advocacy
- Day to day problem solving



How do you apply to be a Mentor?

Call or email the Newfoundland and Labrador Foster Families Association:

Telephone: (709) 754-0213
Toll Free: 1-877-754-0218
Email: amykendall@nfld.net

Application Process:

- Complete an application
- Those selected will be interviewed
- Recommendation by your social worker
- Participate in training

**Newfoundland
and Labrador
Foster Families
Association**

PEER MENTORING PROGRAM



What is Peer Mentoring?

Peer Mentoring is a process through which a more experienced individual encourages and assists a less experienced individual develop his or her potential within a shared area of interest.

Peer Mentoring is relevant to foster care because foster parents care for children and youth in their own homes. They do not have another 'workplace' to go to, with immediate colleagues around them. The foster parent role is very unique and not easily understood by others who have never shared the experience.

For new foster parents and those struggling with placements in particular, fostering can sometimes feel like an isolated activity. Family, friends and neighbors may not really understand what is involved, and foster parents are limited in the information they can share about children in their care. While the Department of Children, Seniors and Social Development is there to provide guidance, support and supervision, a different kind of support and understanding can be provided by another foster parent who has walked the same path.

What will Mentees receive from this Program?

- Decreased isolation
- Support and understanding from someone who's "been there" and understands the foster parent role
- A listening ear
- Validation

Who are the Peer Mentors?

Foster Parents with at least 5 years experience who meet the following criteria:

- Strong interpersonal skills
- Non-judgmental in their approach
- Can help people recognize and draw on their own strengths
- An ability to think outside the box
- Connected to their Local / Provincial Association
- Positive Attitude

Who are the Peer Mentees?

- New foster parents
- Foster parents with less than two years experience

How Do I Get a Peer Mentor?

- Call or email the Association
- Speak to your Social Worker

Program Objectives:

- 1** To provide one-to-one practical support
- 2** To positively impact the retention of foster families
- 3** To enhance the quality of care provided to children through increased skills, confidence and motivation of their foster parents
- 4** To positively impact the recruitment of new foster homes
- 5** To provide an opportunity for personal and professional development for mentors and mentees in a reciprocal relationship where each can learn from the other

