



Castlemaine  
District  
Community  
Health



## Mount Alexander Youth Mentoring Program

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*Your Community Health Centre*

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## Mount Alexander Youth Mentoring Program



The Mount Alexander Youth Mentoring Program matches young people aged between 12 and 25 one-on-one with a volunteer adult mentor. Castlemaine District Community Health, Castlemaine Secondary College and Mount Alexander Shire Council work together to make this program possible. The mentors are all fully screened and trained volunteers from our local community.

If you're a young person thinking about being involved you might be wondering what it's all about—

### *So what does mentoring involve?*

Participation in the program is voluntary – that means being involved is totally your choice. You and your mentor spend an hour or two a week or fortnight doing something you both enjoy. All going well, you and your mentor will continue with the match for 12 months, or more if you both want to.

Some of the things you might do together could be going for walks, bike-riding, making or building things, or getting help with schoolwork. It's up to you and your mentor.

### *How do I get matched?*

To match you up, we take into account who you are, your age, and the sort of interests and hobbies you have, or might like to have.

### *Do my parents need to approve?*

If you are under the age of 18 yes, your parent or guardian needs to approve.

*I don't have much in common with adults. What happens if I don't feel comfortable with my mentor?*

Our mentors are friendly and will do their best to make you feel at ease. If things really aren't working out between the two of you though, you don't have to continue with it.

*I'd rather be around someone my own age.*

Sure, that's understandable. Mentors can still have a lot to offer you and will always treat you kindly and respectfully. It is definitely not their role to lecture or nag you, or tell you what you need to do with your life.

*Can I tell my mentor anything?*

Your mentor is someone you can trust. Unless they are worried about your safety they won't tell anyone else what you talk about.

*If you're a parent of a young person you can request a handbook for more information, or talk to the program's coordinator. The program is for any young person who might really benefit from having another adult in the life to talk to.*

For more information, contact the Youth Mentoring Coordinator on 5479 1000 or visit our website [www.cdchcastlemaine.com.au](http://www.cdchcastlemaine.com.au)

The Youth Mentoring Program is supported by CDCH in partnership with Castlemaine Secondary College and Mount Alexander Shire Council. It is funded by the Victorian Government's *Engage!* program.



For more information refer to our website [www.cdchcastlemaine.com.au](http://www.cdchcastlemaine.com.au)  
or call Reception on 5479 1000

