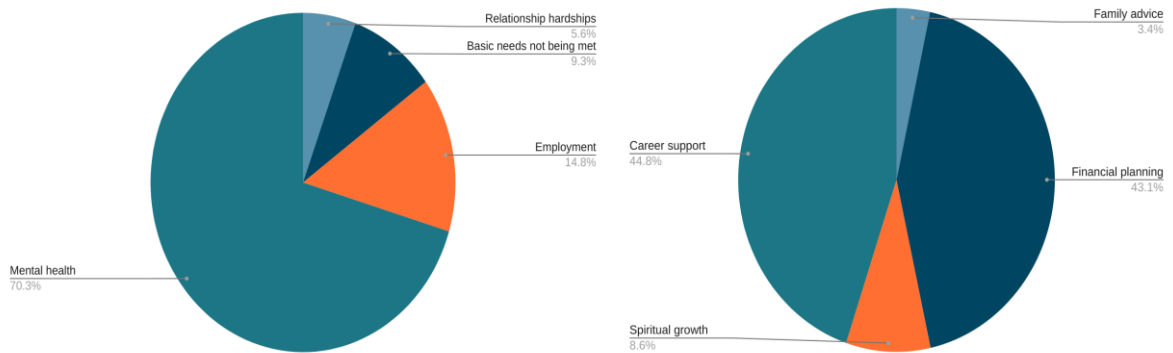




Our recent survey, in the heart of a global pandemic, showed us that most young adults between the age of 19-21 thought their greatest need was for guidance in their mental health. How can you help? Our mentor teams are a strong force in helping their mentee accomplish career/educational goals, learn/develop necessary life skills, and live interdependently upon transition from Saving Grace. During this time though it may also be supporting self-care and how to maintain positive mental health choices that can encourage them for a lifetime.



Mentoring "Grace" for Life is a big commitment and looks a little different for everyone. Here are some basic expectations for Saving Grace mentors:

- *Commit to meet with her regularly (2-4 hours/mo on average)*
- *Establish trust and maintain confidentiality*
- *Provide guidance and encouragement*
- *Identify learning opportunities for her*
- *Expose her to new ideas*
- *Provide helpful resources*
- *Share personal experiences and perspective*

**"Though one may be overpowered, two can defend themselves.
A cord of three strands is not quickly broken."**

[Mentor at Saving Grace -Transitional Living \(Rogers, AR\) \(savinggracenwa.org\)](http://savinggracenwa.org)