

# Mentee FAQ's



### **How long will my child wait to be matched with a mentor?**

Our matching process isn't first-come, first-served. We carefully consider a variety of factors like similar interests, personalities, location, and relatable life experiences to find a suitable match for your child. Because we want to ensure the best possible fit, it's difficult to give an exact timeline for when a mentor will be available.

### **Does a guardian need to be involved?**

Yes. If your child is under the age of 18, a guardian must be involved. You will be responsible for supporting the mentoring relationship by maintaining regular communication with both the mentor and the Community Engagement Coordinator.

### **What will a mentor and my child do together?**

This is a free program for children and families. We encourage low- to no-cost activities. Additionally, through our partnership with Kids Up Front and other donors, we can provide your child and mentor with opportunities to attend various activities and events in the community.

Our mentors commit to a one-year mentoring relationship with your child. During this time, they will help your child grow by sharing activities that build skills and confidence. This could be anything from playing board games, exploring local attractions, or participating in sports to doing arts and crafts or just enjoying shared interests.

### **What if my child and their mentor don't click?**

We understand that not every relationship is an instant fit. It's completely normal for a child to take time to warm up to someone new, and sometimes a match just doesn't feel right. If this happens, please don't worry.

We encourage you to talk to your Community Engagement Coordinator. They are here to listen and help. They can provide support to work through any challenges, or if necessary, they will help facilitate a new match. Our top priority is ensuring your child has a positive and comfortable experience.

### **What happens if the mentoring relationship needs to end?**

Sometimes, relationships end for a variety of reasons, such as a family moving, a mentor's circumstances changing, or a child simply feeling ready to move on.

If the relationship needs to end for any reason, the Community Engagement Coordinator will work with you and your child to ensure a positive and healthy closure. We believe that endings are a natural part of life, and we want to help your child navigate this experience with grace and support. Our team will be there to provide resources and ensure your child feels supported throughout the transition.

### **Is the mentor-mentee relationship a form of grief counselling?**

No. While both the mentor and the mentee may have experienced grief, the purpose of this relationship is not to provide counselling or therapy. The mentor is a trained volunteer who offers companionship, support, and fun activities. They are not a licensed therapist. The Children's Grief Centre is dedicated to providing a safe space for your child to process their feelings, and we have professional staff who can connect you with appropriate resources if your child needs therapeutic support. The mentor's role is to complement, not replace, the important work of professional counselling.