

Helping Hands Mentorship Program for Black Youth (Ages 13-18)



Overview: Helping Hands is launching a mentorship program to support Black youth in Ontario by providing guidance, career development, and life skills through structured mentorship. The program connects youth with professionals in various fields to foster resilience, leadership, and academic success.

General Role Description for Professional Mentors: Professional mentors will serve as role models, providing guidance and support in their respective areas of expertise. Mentors will engage youth through workshops, one-on-one sessions, and networking opportunities, offering insights into career pathways, personal development, and social empowerment.

Responsibilities:

- Provide mentorship through structured sessions (virtual or in-person) based on program needs.
- Offer guidance on education, career planning, and personal development.
- Foster leadership, resilience, and critical thinking skills in mentees.
- Support mentees in setting and achieving academic, personal, and professional goals.
- Encourage positive decision-making and problem-solving.
- Advocate for and promote resources available for Black youth.

Desired Qualifications:

- Professionals with experience in law, education, social work, mental health, business, or STEM fields.
- Strong interpersonal and leadership skills.
- Commitment to diversity, equity, and inclusion.
- Ability to engage and motivate youth from underserved communities.

Mentorship Program Tracks:

- 1. Crime Prevention and Legal Guidance Mentorship**
Target Group: Black youth at risk of legal challenges or from underserved communities.
Format: Hybrid (in-person and virtual).
Mentors Needed: Law enforcement officers, criminal defence attorneys, prosecutors, social workers, and restorative justice practitioners.
Objectives: Educate youth on legal rights, conflict resolution, and restorative justice practices.
- 2. Education and Academic Support Mentorship**
Target Group: Middle and high school students, especially first-generation college aspirants.
Format: In-person and virtual tutoring/workshops.
Mentors Needed: Teachers, school counsellors, college admissions counsellors, educational psychologists.
Objectives: Enhance academic performance, college readiness, and critical thinking.



3. **Mental Health and Wellness Mentorship**

Target Group: Youth facing social, emotional, or environmental stressors.

Format: Virtual support groups and in-person workshops.

Mentors Needed: Clinical psychologists, licensed therapists, life coaches, social workers.

Objectives: Promote emotional well-being, de-stigmatize mental health issues, and build coping skills.

4. **Career Development and Professional Growth Mentorship**

Target Group: High school students and young adults seeking career guidance.

Format: Hybrid (workshops, one-on-one mentorship, networking events).

Mentors Needed: HR professionals, entrepreneurs, and industry professionals (STEM, arts, healthcare, business).

Objectives: Provide career readiness, industry exposure, and entrepreneurial support.

How to Get Involved:

Professionals interested in becoming mentors can apply by emailing team@helpinghands.com with their resume and a brief statement of interest. By participating in this mentorship initiative, professionals can help shape the future of Black youth by offering guidance, representation, and opportunities for success.