

The peer mentoring program at Portland Homeless Family Solutions aims to provide youth at the shelter peer support and encouragement while they live in temporary housing. Our goal is to lead and inspire youth and ensure that the obstacles they face do not define who they are. The youth at the shelter deserve to have their voices heard by peer mentors that actively listen. The peer mentor program incorporates character, leadership, and social development as well as motivational support and guidance for youth.



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## THE ROLE OF A PEER MENTOR



We are looking for responsible individuals who are committed to improving the lives of at risk youth. Peer Mentors are *not* substitutes for parents, but we do ask that all of our mentors develop a close and trusting relationship with their mentee to the best of their abilities. After prospective mentors have attended a volunteer orientation, they can then email Claire Keepers to sign up for a peer mentor orientation/ training session. You can find this information below.

PORTLAND HOMELESS FAMILY  
SOLUTIONS  
[www.pdxhfs.org/volunteer/](http://www.pdxhfs.org/volunteer/)  
[Clairekprs@gmail.com](mailto:Clairekprs@gmail.com)

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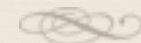
## LEAD AND INSPIRE

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Giving hope to homeless  
families with children.

Peer Mentoring Program  
at Portland Homeless  
Family Solutions



# PEER MENTORING ACTIVITIES

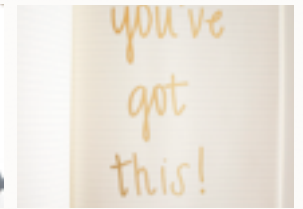
There are many different approaches to peer mentoring activities, and the type of activity usually varies depending on what the mentor to mentee relationship looks like. When facilitating activities, its good to set boundaries and keep the activities engaging and diverse. Here are a few ideas of what Lead and Inspire Peer Mentoring activities could look like.

## GOAL JOURNALS:

We hope that all peer mentors will use goal journals with their mentee because goals provide intrinsic motivation and drive for youth. Every mentor session, the mentee will write down a goal that they want to accomplish. The goal can be anything, as long as it's realistic and within the boundaries of the relationship. The mentor will also keep a goal journal to share their goals with the mentee.



Goal Journal



Inspiration!

## FIELD TRIPS:

The mentor to mentee relationship is also a friendship, so going places with each other will make the mentee feel more comfortable. Peer mentors can take their mentee out to coffee, a park, or even ice cream to find a place to chat and get to know each other. Field trips are only appropriate when **parent permission** is confirmed, and the location is close to the shelter.



Coffee



Park

## ENGAGING ACTIVITIES:

A few engaging activities that you could try are the My People Tree and Conversation Starters. The My People Tree is when the mentor and mentee draw trees with each branch representing an important person in their life and then describing why they are important. Conversation Starters can range from "I feel proud when...", "I'm happiest when...", the funniest thing I ever saw was..."



My People Tree



"I'm inspired when..."