

UNLOCK A YOUNG PERSON'S POTENTIAL, CLICK HERE TO MAKE A GIFT.

Greetings,

When young people feel like they matter, they thrive.

A caring and committed mentor can help a young person ignite their curiosities, solidify their passions, and leverage their talents. These meaningful relationships can change the course of someone's life.

Meeting with Kamea is always a highlight of my week.

With your gift, MENTOR Vermont is able to ensure youth mentoring programs across the state have the support, training, and resources they need to foster life-changing relationships.

Meet 15-year-old Kamea and her mentor, Julia.



Julia (left)
Kamea (right)

Kamea and Julia were matched in May of 2021

through Spectrum Youth and Family Services' Mentoring Program. They were the first pair Spectrum matched since the onset of the pandemic. Reflecting back to when they were first matched, Kamea shares why she wanted a mentor,

"I didn't have anything to do besides school. I wanted to go out and do things, but my mom was always working." -Kamea

When Kamea and Julia first met, they were introduced outside on a porch, socially distanced, with masks. Kamea says her initial worries were put at ease quickly,

"It was nerve wracking because I never had a mentor before. After our first meeting, I didn't feel nervous anymore." -Kamea

Kamea and Julia have found comfort in spending time together. Julia reflects on the impact of their relationship,



Kamea kayaking on Lake Champlain

After our first meeting, I didn't feel nervous anymore.

"I moved to Burlington a few months before Covid hit, and when it did, I started a new job working from home. Our relationship has been so helpful throughout the pandemic! Meeting with Kamea is always a highlight of my week. Our mentoring relationship has provided me with a valuable sense of connection, with Kamea and with the Burlington community." -Julia



Julia (left)
Kamea (right)

Spectrum works hard to support matches like Kamea and Julia every day. Rebecca Majoya, mentoring program manager at Spectrum has seen firsthand the increased need for young people to have more supportive adults in their lives. Prior to the pandemic, Rebecca heard from mentors, youth, and their families less often. Now, she says, they are reaching out all the time.

*"Our workload has doubled. With the intensity of the anxiety that our youth are experiencing, it's just so much higher. **We are doing so much more now to support each match than before the pandemic.**" -Rebecca*

And Spectrum is not alone. Young people need mentors in their lives more than ever. All mentoring programs are feeling the impacts of the last few years. **MENTOR Vermont is committed to supporting programs like Spectrum** so that we can collaboratively meet the needs of Vermont's youth. The support MENTOR Vermont provides enables dedicated staff like Rebecca to spend more time with young people and mentors. Rebecca shares,

"MENTOR Vermont provides clear, concise, applicable training and resources and serves as a conduit between national research and resources. We have greater access because of MENTOR Vermont. The funding, training, and support enables us to be more supportive to our mentees and mentors." -Rebecca

MENTOR Vermont is committed to enriching the lives of youth and mentors through the collaborative work of resilient and experienced program coordinators—like Rebecca, dedicated volunteer mentors—like Julia, passionate young people—like Kamea, and generous donors who help catalyze the Vermont mentoring field—**like you.**

We can't do this important work without your help. **Please consider making a gift to MENTOR Vermont today.** Your support will help advance the Vermont mentoring field and ensure young Vermonters have the supportive relationships they need to thrive.



Julia (left)
Kamea (right)

Onward together,


 Chad Butt
Executive Director


 Emily Listowich
Development Director

**PLEASE CLICK HERE TO MAKE A GIFT TO MENTOR VERMONT TODAY.
TOGETHER, WE CAN HELP YOUNG PEOPLE THRIVE.**