

STARS pairs are having fun.

STARS pairs are there for each other.

STARS pairs grow together.

Adolescence is rough!

The STARS mentoring program helps pave the way to a fulfilling future for youth living in Vancouver Housing Authority Public Housing or VHA sponsored Section 8 Housing. Many of these youth have encountered adverse experiences, such as poverty, abuse and changing family dynamics. Meeting them, you are face to face with hope, resourcefulness and a lot of courage.

STARS pairs can beat the odds.

“When [kids] know that there is at least one caring adult that they can rely on and turn to for help with difficulties, they're much less likely to engage in risky behaviors, such as unprotected sex, drug use, and gang involvement.”

Mark Kiselica, an authority on the counseling and mentoring of boys

Your connection to an adolescent will help them feel a sense of connection to their community. Think about some of the problems in your neighborhood, in your state and nationwide. Wouldn't it be nice to see more young people feeling connected to, and responsible for, what goes on around them?

The power of ONE

In the STARS mentoring program...

- Caring adults are matched **1:1** with youth in grades 5-8
- Adults and kids agree to meet for **1 year**
- The pair will meet for a minimum of **1 hour per week**

These “ones” will combine to make countless rewarding memories for the mentor and mentee.

Be a STAR

STARS mentors are a diverse bunch! There are so many great ways to show a child you care; *we all have something to give*. Our pairs enjoy day trips to the coast, as well as daily errands (like grocery shopping!) Any time together is quality time. Here's a secret: You don't have to actually *be* a superhero to *look* like one through the eyes of a child.

The program provides all you will need to embark on the mentoring journey, as well as stay on course when the waters get "interesting." Mentors receive:

- More than six hours of individualized, comprehensive training on youth development, relationship building, communication tips, the stages of a mentoring relationship and much more!
- Continuous support through regular contact with the program coordinator and fellow mentors in the program
- 6-8 ready-made, group mentoring activities per year.

Time for Action!

If you are...

An aspiring mentor

A parent or youth residing in VHA housing or

A community member who would like to learn more....

Call (360) 992-0232 or e-mail pzeni@vhausa.com

Now is the best time!