

**NEW
COURSE**

Mentoring for Youth Mental Health

SPRING 2023

Learn evidence-based strategies to support youth mental health as a mentor.

Decades of research says that mentors can support youth in meaningful ways. However, recent evidence suggests that mentors can be most beneficial when they are supporting youth in learning specific skills. In this course, mentors will learn how to leverage their caring relationship with their mentee to support them in learning how to express their feelings and cope with challenges.



**12-week course
Starts February 6**



**Live, virtual lessons
90 minutes, 1x per week**



**Collaborative and
engaging skills practice**



**Learn from the experts
in youth mentoring**



Build your resumé

Participants will receive a certificate from the Center for Evidence-Based Mentoring & content is CEU-eligible



Receive tools to use with your mentee

Get access to exclusive content from the Center for Evidence-Based Mentoring

**LEARN MORE &
SIGN UP!**

<https://www.cebmentoring.org/mentoring-for-youth-mental-health/>



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