

Our mission is to support and strengthen families by providing encouragement and information to expectant parents and parents of young children.

This is accomplished through mentoring relationships and group activities within their communities.

Contact:

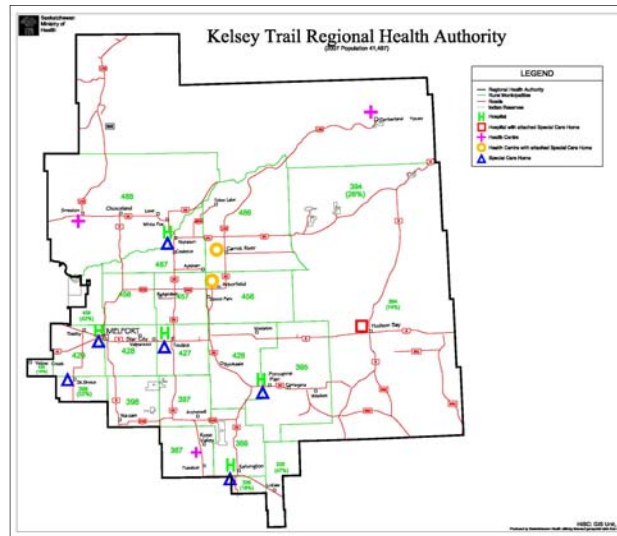
Program Coordinator

306-862-3820

Nipawin

*Parent Mentoring Program
of Saskatchewan*

Provincial Website
www.pmps.ca



**The Parent Mentoring
Program of Saskatchewan
is a service available to families in the
KELSEY TRAIL HEALTH
REGION**

*For more information about this or other services
of the Kelsey Trail Health Region
contact the Regional Office at
(306) 873-6600 or visit our website
www.kelseytrailhealth.ca*

HealthLine
1-877-800-0002

Provincial Health Line



KELSEY TRAIL
HEALTH REGION

Parent Mentoring Program of Saskatchewan



**Mental Health &
Addiction Services**

Kelsey Trail Health Region

Healthy People in Healthy Communities

What Is It?

The Parent Mentoring Program of Saskatchewan (PMPS) is a volunteer-based mentoring program that provides assistance and support to persons who are pregnant or already parenting newborn to five-year-olds.

Parent participants are paired with volunteer mentors who are experienced parents and/or have skills that will enhance a parent's ability to effectively care for his/her children and self. Volunteer mentors serve as supportive friends and role models.

What Can A Mentor Do For You?

A mentor is an experienced parent who volunteers to offer assistance and support. They are someone who will listen, spend time, show respect, share information, suggestions and resources.

PMPS is:

- ♥ Confidential
- ♥ Free
- ♥ Concerned and caring
- ♥ Practical
- ♥ Non-judgemental

Why Are We Here?

PMPS aims to provide knowledge, skills and motivation to program participants to be the best parents that they can be. PMPS aids parents to access existing services. PMPS strives to have mutually satisfying relationships between parents and mentors. The overall goal is healthier and happier parents and children.

How Are Referrals Made?

Referrals are accepted from physicians, social workers, teachers/principals, counselors, clergy, public health nurses, and other community agencies/people. Parents are welcome to refer themselves to the program.

Is The Program For Me?

- ♥ Are you expecting a baby or parenting at least one child less than 5 years of age?
- ♥ Are you feeling isolated and alone?
- ♥ Are you looking for someone to talk to?

If so, this program can be for you.

Support is confidential and non-judgemental. Parent mentors are screened, receive training and have parenting experience.

The best thing about having a mentor is she didn't make me feel like she was ganging up on me. She listened when I needed someone to listen. My mentor and I do crafts together and go out for coffee. I am so grateful for all the activities in the Mentoring program and for the friendship I have with Marilyn."

Daralynn
Hudson Bay

We are currently starting groups in different communities. Please check with us to find out if there is something where you live or close by. As a program participant you will also have access to other opportunities and information such as our newsletter, workshops and additional resources.

Volunteering With PMPS

- ♥ All persons are welcome to apply to become a volunteer mentor, to participate as a role model, friend, supporter, companion and surrogate.
- ♥ A PMPS volunteer can be any age; must be caring, mature, responsible, open-minded, reliable and dedicated.
- ♥ PMPS volunteers should have experience with children and an understanding of young adults. obtained through life experiences, employment, and/or volunteer activity.

Volunteers are screened, orientated, trained, supported and recognized.