



YWCA Yellowknife launches new mentoring program for girls with help from the community

Yellowknife: October 6, 2014: YWCA Yellowknife is expanding programming for girls this fall. The new **Y Mentors** program will bring girls ages 11 to 13 together with junior mentors (older girls) and adult women in small groups. Together they will build relationships that are both fun and fulfilling. **There will be a meet and greet for the adults on Wednesday, October 8 at 7 pm in the program room at YWCA Rockhill (4904-54 Ave.)**

“There’s a significant need for mentoring in our community. Mentoring helps girls build on their strengths and achieve their potential,” says GirlSpace co-ordinator Ashley MacDonald. The new program is generously supported by the Canadian Women’s Foundation.

Mentoring is often a one-on-one relationship, but the new **Y Mentors** program will take place in small groups of up to five girls. The groups will meet every other week for an activity. There will be an email check in the week between activities. “Mentoring can be very fulfilling when mentors watch girls build life skills, leadership, self-esteem and knowledge,” says MacDonald.

It all starts with a woman who is interested in working with girls and who is a positive role model. YWCA will screen volunteers and offer training and ongoing support so that they are comfortable in their mentor role. The time commitment is approximately two hours a week over a one-year period to allow time for the relationship to develop and grow.

The **Y Mentors** program builds on the success of GirlSpace. GirlSpace is a free, weekly, after-school program for girls ages 8 to 17. Girls are divided into three groups by age. “We want to offer the girls another means of building community,” says MacDonald.

For more information or an interview, contact Ashley MacDonald, GirlSpace co-ordinator, at 920-277 ext 311 or at ashley@ywcanwt.ca

About YWCA Yellowknife: YWCA Yellowknife is a leader in providing safe housing for women. It operates the 12-bed Alison McAteer House family violence shelter, along with a 24-hour crisis line available to the whole territory. YWCA Yellowknife recently opened Lynn’s Place, an 18-unit building that provides longer-term housing for women needing safety. YWCA Yellowknife also runs a 33-unit family housing program at Rockhill, after school programs in every Yellowknife school, the popular GirlSpace empowerment program, and a resilience program for children who have experienced violence. YWCA Yellowknife, founded in 1966, has 87 full-time, part-time and casual staff. For more information, see our website at www.ywcanwt.ca, follow us on Facebook at YWCA Yellowknife and on Twitter at @YWCAYK.