



QUARTERLY UPDATE:

MENTORING



Mentoring Relationships **Our Second Pillar of Support for Youth**

The mission of Youth Unlimited Edmonton is to invest in the lives of youth by providing holistic care, mentoring relationships, safe spaces, and opportunities to give back.

Dear Friends,

The second pillar of support in our mission for youth that we wanted to share with you in this newsletter is "Mentoring Relationships". We want you to know how your support impacts the lives of vulnerable youth at Youth Unlimited Edmonton through mentoring and adult relationships.

What does Mentoring Relationships mean at YUE? Mentoring is based on having healthy relationships between youth and our support workers. Mentoring for us looks like being available to hear a youth share their struggles, coming alongside to provide support and coaching, and helping them learn how to navigate through their challenges. Research shows that the most important factor in youth resiliency is one significant adult relationship. Mentoring provides that opportunity for our youth, through our staff.

Mentoring contributes to a wide variety of benefits for youth such as: better attitude about school, lower high school dropout rates and higher college enrollment rates and career aspirations, healthier relationships and lifestyle choices, enhanced self-esteem and self confidence, improved behaviour (both at home and at school), stronger relationships with parents, teachers and peers, improved interpersonal skills, and decreased likelihood of drug and alcohol use. All this from just spending time listening and guiding a young person with care and acceptance.

Your support provides the opportunity for these positive outcomes and make a huge difference for the future of our youth and saves lives at the most vulnerable moments. Thank you for your generosity!

“Someone to hear me” - Michelle

“Thanks for listening,” Michelle stopped her full tilt escape and turned to me to say those words, then she went home. The conversation before was idling and casual. Michelle's eyes fluttered up to mine and then she began barreling through pages and pages of childhood trauma. I kept as engaged as I could with the onslaught of new information, all the while trying, in vain, to craft a response. Then she went up to go, rather abruptly and left me feeling like a well used instrument of God.

I won't easily forget her eyes, meeting mine, testing mine, seeing if I can be trusted. In all honesty I can't. I am just a broken human, but the God I work for can. In that moment I got to do what God has asked of me. To show up and listen, something so small and inconsequential has become a life mission that can change the whole world. Jesus showed up and him being with us changed the world. It leaves me with an optimistic question, what would happen if we all showed up and listened? It is a culture changing, earth shaking, and a quiet first step.

YU youth mentoring is a **goal-orientated program of support, practical skills and advice**, and we are able to be successful and impactful because of you and your support.

WANT TO MAKE A GREATER IMPACT?

Our 2nd annual Mission In Motion fundraising event is happening on Sept 17 in our beautiful river valley. We need your help! The event is really a journey of 5, 10, 25, or 50 kms by biking, walking, running, skateboarding, scootering, or whichever other means of motion you choose. Our goal is to **raise \$40,000 to help provide mentoring opportunities and other critical support for more youth in Edmonton.**

We would love to see you participate, either as a Mover, a sponsor of a participant, or a volunteer. It is a family oriented event so everyone can come enjoy a great day of food, gifts, companionship, nature and giving back. We promise you will not be disappointed.

If you would like to participate as a mover, click here:

<https://www.edmontonyouthunlimited.com/missioninmotion>

If you would like to sponsor a participant, click here:

<https://missioninmotion2022.funraise.org/>

Or if you would like more information about this event, or want to join us by volunteering, please call our office at **780-437-3000** or email admin@yuedmonton.com.

Turn Your Empty Cans and Bottles into a Donation!

Did you know that SkipTheDepot will pick up your empties and donate the funds to Youth Unlimited? Download the app and book a pickup using <https://app.skipthedepot.com/yfcedm> Place your bags outside, and receive a refund or donate to us! It's that easy. Spread the word by sharing our SkipTheDepot posts on social media!



Download the app and started donating to us today!

YUE Shout Outs...

Brittany Poitras with Integrity Seminars that ran a snack food drive for YU over the last month and dropped it off for The Core Youth Centre. There was tons of food, the estimate value is around \$1,200.00 worth of snacks for the youth.

Alberta Blue Cross, our group benefits provider, is donating gifts of food and art supplies for our fall programming.

Thank you to all of our great partners for making a difference in young lives, families and communities in Edmonton! Have a great rest of your summer!!

YUE fact of the week

Nearly 95% of young adults who had formal mentoring relationships found these experiences helpful and 86% demonstrated an interest in becoming mentors themselves in the future.