

# Can you make a difference in a child or young person's life?

## BECOME A MENTOR

Ar Trac in Blaenau Gwent and Newport are looking for Mentors to join their project for young people

The Mentoring programme is designed for children and young people between the ages of 5-11 years old, who have witnessed or experienced domestic abuse.

A mentor is not a support worker, therapist, or councillor; they are a person of consistency for the child, who can be relied upon as a source of support for other aspects of their life, such as encouragement, praise, and positivity. They are a role model and someone who wants to encourage and get the best from them during the time they are with them, resulting in hopefully a more well-adjusted, happy, confident, and positive young person.

*Training is provided*



→ If you would like to become a mentor or want more information, please contact:

**Cyfannol Women's Aid Newport**

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**Cyfannol Women's Aid Blaenau Gwent**

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