

# Circles of Support

“Acknowledging where you are and where you should be, is essential to get where you are going.”

– Jorge Flores,  
former mentee

I am interested in becoming an adult mentor.

I would like to donate to Fresh Start Programs.

Name \_\_\_\_\_

Phone \_\_\_\_\_

E-mail \_\_\_\_\_

## Still have questions?

Please  
contact:

Adult Mentoring Program Coordinator  
Steven Stefani  
stefanidevelopment@gmail.com  
319-450-4339

## ADULT MENTORING PROGRAM

- Develops new friendships and encourages a support system
- Encourages participation in leisure activities
- Provides an opportunity for community engagement
- Helps Mentees identify obstacles for success
- Provides a chance to develop and meet goals
- Stresses personal accountability



[www.freshstartministriescr.com](http://www.freshstartministriescr.com)

## RISE PROGRAM

Reintegration Initiative for  
Safety and Empowerment

## ADULT MENTORING PROGRAM

- Program Goal: Provide positive social support and influences for participants (Mentees) as they transition from incarceration back into the community.
- A program administered under **RISE** that provides individual mentoring and **circles of support** for men and women.



# AMP Program

## How does it work?

Participants in the project will meet with mentor(s) 2-4 times a month for support during their transition into the community.



### Some examples that mentors assist mentees with are:

- *Budgeting*
- *Resumé building*
- *School applications*
- *Tech program applications*
- *Finding community resources*
- *Rebuilding relationships*
- *Rebuilding spirituality*
- *Problem Solving*
- *Conflict Resolution*

## What is a circle of support?

"Circles" are small groups that provide support to Mentees using a dialogue process that allows people to respectfully discuss difficult life issues in safe ways. In the circle, Mentees will be surrounded by a group of individuals that have volunteered to support them and hold each accountable to their goals while assisting in many other ways.



■ Mentee ■ Volunteers ■ Professionals

*“The purpose of RISE is to empower participants to make positive changes for lifetime success.”*



Every day...is a second chance.

## What is adult mentoring?

Community volunteers that work one-on-one with Mentees assisting them to make pro-social choices, overcome obstacles, and reach goals. The mentor will develop a trusting relationship with a Mentee that is screened and matched specifically for them based upon shared interest, skills and goals of each party.

