

The Abilities Mentoring Programme – SW provides one-on-one mentoring services and activities aimed at assisting young people to achieve the following;

- Build their self esteem, resilience and physical and mental health
- Improve relationships with their family and peers
- Improve their engagement with education, training, the workplace and the community.

Activities engaged in will vary based on each participant's needs but may encompass some or all of the following;

- Explore local employment options
- Identify available services
- Engage in work experience placements
- Participate in physical activities and outings
- Focus on independent living skills such as budgeting, shopping, paying bills, domestic skills etc
- Engage in community activities and events

Participants in AMP-SW are matched with mentors in their own area, ensuring that mentors have good local knowledge and connections to assist the young people with their choices and directions.

All mentors undergo a comprehensive screening and induction process to ensure suitability for the programme and ongoing training and support is provided.

**For further Information:
If you live in the Bunbury or Preston
area please call
9721 5033 or 0437 616 340**

OR

**If you live in the Busselton,
Dunsborough, Margaret River
and Augusta areas
please call:
9757 9153 or 0409 883 787**

AMP-SW

Abilities Mentoring Programme South West



A Mentor Marketplace Initiative

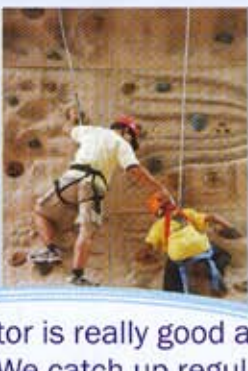
AMP-SW is a FREE &
CONFIDENTIAL
mentoring programme for people
with disabilities aged 12-25.
See inside for more details &
how you can volunteer

Sponsored by

**Department of Families,
Housing, Community Services &
Indigenous Affairs**

Administered by

The logo for JOBS South West, featuring a red diamond shape with a white arrow pointing downwards, followed by the word "JOBS" in large, bold, red capital letters, and "South West" in a smaller, black, sans-serif font.



"My mentor is really good at listening to me. We catch up regularly and have a lot of fun and talk about things. I like having someone else to talk to."

- Suzy, mentee

Get AMPed!

Do you know someone who:

- Is aged between 12-25
- has a disability
- needs assistance with personal development, social and recreational options, work experience, training and employment?

Or do you know someone who may like to be a mentor?

- Mentors do not need previous experience or special skills
- Mentors simply need to be good listeners and have a genuine interest in empowering young people to achieve their fullest potential.

Why not get in touch with us?

Michael's Story -

Michael was a 17 year old student in his final year with the Education Support Unit at his high school. He was often uncomfortable with new experiences. He felt happier and more confident when things remained predictable for him. As you can imagine, the thought of all the changes associated with leaving school and his future work and study options were somewhat daunting for him.

Michael and his family heard of the Abilities Mentoring Programme - SW through their local Disability Services Commission staff. He was matched with Cathy, a semi retired woman in her late 40's.

"At first I wondered if I had the skills to be a mentor. I soon discovered that my own life experiences and the ability to really listen were a pretty good start! Over the weeks and months we have been meeting up we have discovered lots about each other and our local community. I have also learnt a lot about myself. It has been a lot of fun."

- Peter, Mentor

"For my son to have someone to chat to regularly about his dreams and fears has been invaluable. He was often surprised to find his fears unfounded and people more supportive and accepting than he had expected. To have someone to support him to challenge himself, who wasn't mum or dad, has given him a lot more confidence to try new things"

- Alison, mother

Cathy and Michael caught up each week for an hour or two, they chatted about what Michael liked doing and his ideas for his future. They explored his fears, discussed options for overcoming them and avenues for pursuing his aspirations for the future. His mentor often went with him to visit his local TAFE and other local support agencies in order to explore his options. After meeting with his mentor for a number of months, he enrolled in a TAFE course and secured a casual job with a local business. Michael and his mentor only catch up occasionally now as he has greater confidence in his own ability to try new experiences.