

# Mentoring Program for Pregnant Young Mothers, Teen Moms, and Teen Dads

Big Brothers Big Sisters of NYC currently has availability in the Young Mothers Mentoring Program – and are taking referrals. We also provide mentors for young fathers as well.

We have many mentors that have been screened and trained, and are waiting to be matched with a teen mom. So, please let me know if you have a youth, either pregnant or parenting, that could benefit from a positive and consistent adult role model.

Young parents in the program must be age 21 and under, and reside in any of the five boroughs of NYC. The mentors are educated and employed people who are ready to make a commitment to a teen parent for at least one year. The program provides support to the mentor/mentee relationship so that it is successful, and also provides case management for the young mother. We give assistance with issues such as school enrollment, daycare, housing resources, advocacy, and parenting skills.

We also hold classes such as parenting and child safety and CPR. The mentor and mentee have phone contact at least once a week, and go out together at least twice a month. They choose their activity depending on their interests and the goals for the relationship, and their child is always welcome to attend all match activities. Some activities that my matches have done over the past year have been: cooking class, Bodies Exhibit, pottery class, Museum of Natural History, picnics in the park, apartment hunting, Broadway Theater, baseball games, poetry slams, eating, etc. Over the last eight years, the outcomes for our program have been as follows: fewer repeat pregnancies, improved parenting skills, increased self esteem, and improved school performance and participation.

To refer a young person, contact: **Diane Berninger**, Senior Program Manager – Young Mothers Program

## Big Brothers Big Sisters of New York City

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