

## Are you someone's Best Friend? Could you be?

You can choose a School-Based or Community-Based mentoring program; you get a background check, some training, and you make a 9-12 month commitment to spend one hour a week with your mentee. You must be 16 years old for the School-Based program, and 18 for the Community-Based program. You'll be matched with a same-sex child, aged 6-16.



Best Friends Mentoring Program  
(701) 483-8615  
135 W. Villard Street, Dickinson, ND 58601  
[www.bestfriendsnd.org](http://www.bestfriendsnd.org)



**BEST FRIENDS**  
MENTORING PROGRAM

### ABOUT WESTERN WELLNESS FOUNDATION, INC.

The Best Friends Mentoring Program is a program of Western Wellness Foundation, Inc., a non-profit 501(c)3 organization formed in 1995. The organization has delivered mentoring programs to over 2,000 young people since then, and delivers its programs with the help of over 600 enthusiastic community volunteers. Through its mentoring programs, Western Wellness Foundation, Inc. truly executes its mission of "making a positive difference in children and families, one at a time."

[WWW.BESTFRIENDSND.ORG](http://WWW.BESTFRIENDSND.ORG)

# A mentor is someone who sees more within you and helps bring it out of you

IN 2015, NEARLY 230 KIDS WENT THROUGH juvenile court in our community; nearly 100 were placed in out-of-home care, and 147 “new kids in town” had to learn an entirely new language and culture. **Who can kids in tough situations look to for extra support and guidance?**

If you were their mentor, they could look to you—for advice and guidance, for always listening, for help with schoolwork, for being their most trusted friend.

## By the numbers

Kids mentored by our organization are:

91%

less likely to skip school

45%

less likely to use illegal drugs

32%

less likely to use physical violence to solve problems

And...

94%

improved their grades

88%

improved their social skills



## What mentoring teaches you about yourself

Mentoring teaches you about relationships, about how to step outside of your own interests for a better result. It teaches you how to make someone stronger by focusing on their strengths. **It may be the most selfless, yet responsible, effort of your life.** A lot of famous people have learned more about themselves by being mentors—people like Jay Z, Josh Duhamel, Madonna, even President Obama.

