

What's the Mentorship Program?

Family Services and Young People Affected by Huntington Disease (YPAHD) have worked together as a part of the Huntington Society of Canada (HSC) to develop a mentorship program for youth. The goal of the program is to offer young people the opportunity to connect with a mentor who will be able to provide them with valuable support at critical points in their lives. Depending on where the mentors and mentees reside, they will be able to communicate in person or by phone, text, email, FaceTime or Skype.

The mentorship program strives to:

- Help break down the sense of isolation many youth affected by HD experience
- Assist youth in making informed decisions about their life
- Encourage and help prepare youth for the challenges they face
- Provide youth with positive role models and support
- Connect youth to YPAHD and the HD community

Who are the Mentees?

Youth who chose to be involved in the Mentorship Program are individuals who have been impacted by Huntington disease. Whether they have a parent, grandparent, aunt, cousin or another family member who has HD, or are at-risk themselves, the program is designed to provide support and a forum to share their concerns. They will have someone, with similar experiences, that they can connect with.



Mentees are:

- Between the ages of 12 and mid to late 20s
- A member of a family affected by Huntington disease
- Interested in the guidance and support of a mentor who shares similar life experiences

Potential mentees (and their parents, if they are under the age of 18) will be required to submit an application form. The Youth Mentorship Coordinator will use the background information to create an appropriate match with a mentor.

Who are Mentors?

The young adult volunteers, involved in the mentoring program, are individuals who come from families affected by HD. Sharing this common experience will assist them in better understanding and connecting to the youth mentees.

All potential mentors go through a selection and training process which includes:

- Submitting an application form
- Participating in an interview
- Providing references
- A criminal records check
- Participating in the Mentorship Training Program
- Ongoing training and support

Mentors will be asked to commit to a minimum of one year with the program

Mentorship Team

Youth Mentorship Coordinator

- Offers ongoing support and guidance
- Participates in a monthly check in
- Provides mentors with the necessary skills to support the youth
- Facilitates the ongoing training of the mentors

YPHAD Liaison

- The link to the Young People Affected by Huntington Disease (YPAHD) virtual chapter

More Information:

For more information about the program and how to become a mentor or mentee please contact your local Family Services Worker at www.huntingtonsociety.ca/family-services-team or the Youth Mentorship Coordinator at 1.855.253.0215 or mentorship@huntingtonsociety.ca.

