

## *What Do Friends In Action Mentors Do?*

*A team of FIA volunteer Mentors (4 to 8 people) “adopts” a needy family for a minimum of one year. Examples of what FIA mentors do to help a family are almost limitless. Some examples of outreach are listed below.*

- *Help celebrate the good times and get past the bad times.*
  - *Take family on outings to parks, museums, etc.*
  - *Emotional support*
  - *Role model*
  
- *Help with building skills*
  - *Budgeting*
  - *Career planning*
  - *Meal planning*
  - *Parenting*
  
- *Advocate, research and link families*
  - *Social services*
  - *School*
  - *Resources*
  - *Childcare*
  - *Medical services*
  
- *Provide services*
  - *Transportation*
  - *Tutoring for adults and children*
  - *Pro-bono professional services*

***Plant “seeds of hope”***