

How do people get a mentor?

People can refer themselves or someone can make the referral on their behalf e.g. their child's teacher, family doctor, counsellor, plunket nurse, midwife or social worker.

What does it cost?

Just a commitment of an hour or two a week.

How could a mentor help?

Mentors are not social workers or trained counsellors. They are great motivators, parents alongside parents journeying together.

Mentors will assist you to:-

- Identify changes you want to make.
- Plan the steps with you that will make a difference.
- Help you to achieve these steps.

Contact us on any of the following:-

Free: 0800 555 300
(cell phones not included)

Ph: (06) 351 6340

Txt: 027 712 2237

Email: enquiries@freshperspective.org.nz

**Post: PO Box 31 036
Lower Hutt 5040**

Web: www.freshperspective.org.nz



0800 555 300
06 351 6340 (cellphone)
027 712 2237 (txt)
www.freshperspective.org.nz

**Parents -
you're not alone!**

Everybody needs a little help at some time in their lives. This is especially true for parents and caregivers raising children.

freshperspective is here to help with a free service that brings trained volunteer mentors into supportive relationships with parents that have asked for help.

