



## Parent Mentors

Do you want to make a difference to a family?  
Become a Parent Mentor

Our Parent Mentoring Program aims to make sure families are able to overcome obstacles to create the future they want. We focus on supporting parents to enhance confidence, connect with their local community and develop strategies that will work for their family.

### What does a Parent Mentor do?

- Our Parent Mentors support parents through the transition to parenthood, children's behaviour issues, social isolation and parenting issues such as sleep, routines and eating.
- You will build a trusting relationship and empower parents to create a positive future for their family.
- We will provide you with training and support and match you with a parent from one of our existing programs.

### Who can be a Parent Mentor?

Mentors are adults from all walks of life that are looking to make a difference. All mentors are supported throughout the program and are screened and trained.

- People aged between 18 to 80 years
- People who can commit to 1-2 hours per week for 12 months

### Become a Parent Mentor

Commit to supporting the parent for 1-2 hours per week.

Complete the online application [here](#).

### Do you need more information?

Read our FAQs or Contact our Volunteer and Student Placement Advisor

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