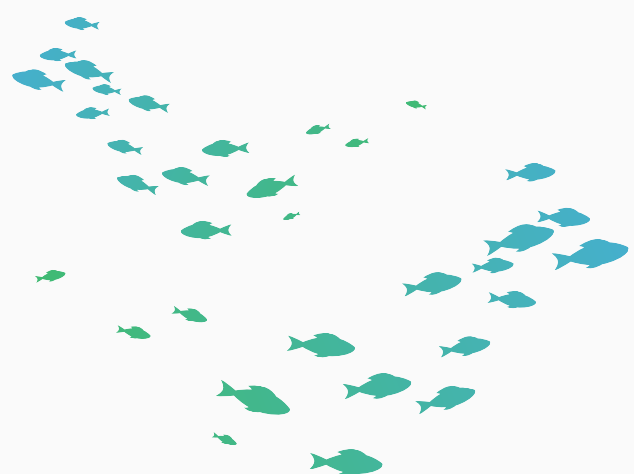


FISH Mentor Program is a volunteer service of the Jefferson Area Board for Aging. JABA serves older adults, individuals with disabilities, and caregivers at all income levels in Albemarle, Greene, Louisa, Fluvanna and Nelson counties.

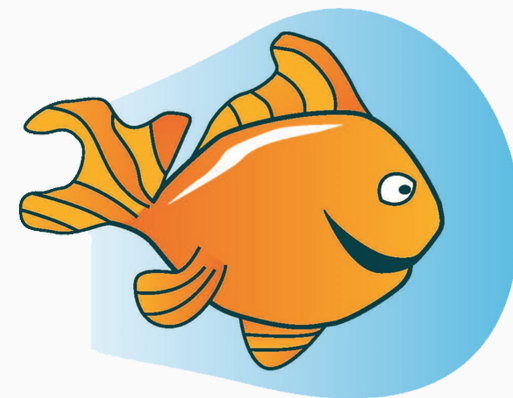
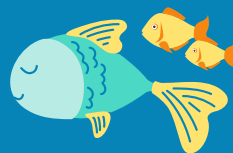


Learn more:

Parents and Educators:
Request a free mentor at www.jabacares.org/fish or scan the QR code below.

Volunteer to be a mentor:
Apply at www.jabacares.org/fish

Contact Teresa Cooper,
FISH Program Coordinator, at
tcooper@jabacares.org
434-817-5289

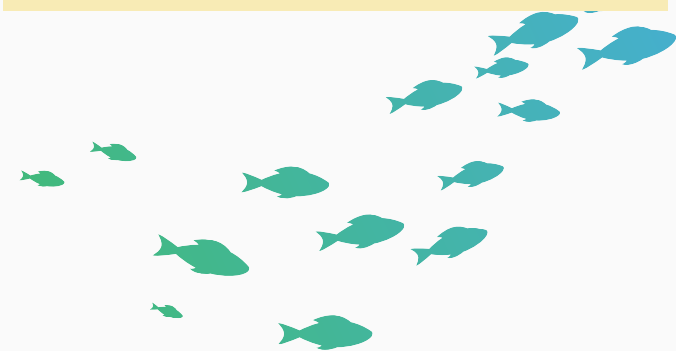


FRIENDS IN SCHOOLS HELPING

FISH VIRTUAL OR IN-CLASSROOM MENTORS

Friends in Schools Helping

A Free Volunteer
Student Mentor
Program



Why have a mentor?

Intentionally fostering intergenerational relationships helps young people to develop a sense of purpose, social connections, and good mental and emotional health.



Who are the students?

There is no typical student. They are preschool through high school students in the JABA service area. They have diverse personalities, backgrounds, abilities and needs.

What is FISH's role?

FISH staff recruit, screen, and train qualified volunteers and provide ongoing support. We meet with teachers and families to understand their needs prior to making a mentor match. We maintain regular contact with all parties to collect feedback and provide support and resources.

Who are the mentors & what do they do?

Screened, background-checked adults who participate in at least three hours of mentor training and commit to at least one hour per week for the school year.

They must be have prior experience working with children or teens.

Though they are not academic tutors, they do provide academic and homework help and social and emotional support. They are a caring and supportive adult for their student.

Specific virtual activities depend upon the students' needs and may include homework help, hands-on activities, learning games, or conversation. In the classroom, mentors follow the teacher's instructions.

In 2022-23, participating school staff and parents said their volunteer mentor made a positive impact on their or their students' lives (100%), their mentor kept the student engaged in school (94%), and they are satisfied with their volunteer mentor (94%).

How does it work?



Parents or guardians request a virtual mentor for their child.

All requests are confidential.

FISH then interviews the parent to learn about their student, and works with them to find the optimal virtual mentor. The FISH mentor and family are introduced to each other, schedule virtual meetings, and begin the mentorship.

Educators may also request mentors for in-school support with individual or small groups of students. Contact the FISH Coordinator or submit a mento request for in-school mentor information.

Scan the QR code or visit www.jabacares.org/fish to submit a mentor request.

