



## *What is Befriend?*

Befriend is a mentoring program of Oasis Counseling International. It is unique in that it seeks to match mentee families with caring mentor families from local faith communities.



## *How does it work?*

The Befriend program is seeking individuals and families to meet once a week for an hour with an individual or a family who is experiencing challenges in their life. The match is to last for six months and at that point the match is re-evaluated.



## *Befriend's Purpose:*

Befriend's purpose is to restore at-risk families and individuals to their full God-designed potential through positive and caring mentoring relationships.

## *Please Contact:*

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# *Befriend*



*A mentoring program  
offered through:*



**Oasis  
Counseling  
International**

*"Mentoring" is a popular cultural ideal.*

For thousands of years, all over the world, religious groups have encouraged people to share their lives with each other through mentoring. They called it "discipling."

In recent years, mentoring has become more widely accepted as a method of providing support services to at-risk families and individuals. Various studies have come to the conclusion: when hurting individuals are mentored before, during, and after professional counseling services, their chances for success greatly increase and they achieve success more quickly than if they would have received professional counseling services alone.

Life happens. Mentoring is all about capturing life as it happens, and creating teachable moments that bring about change.

Mentoring may sound complicated and time-consuming. But mentoring is easier than it might sound. If mentors and mentees can share each other's lives for one hour a week and come away supported and encouraged, then Befriend is accomplishing its purpose.

*Why should I consider being involved?*

In most communities there are people who are at-risk due to addictions, poverty, and lack of community resources and support from their family. Befriend exists to be a bridge to bring hurting people together with those who have a heart to help.



*What are the Benefits?*

The mentee and their family will benefit from the friendship and role modeling of the mentor family. It is an opportunity to be connected in a positive relationship that encourages personal growth and creates a support network in the community. The mentor family gains an awareness of the needs of others, learns the skills to help, and has an opportunity to exercise their faith in a tangible way.



*How Can I Be Involved?*

There are several ways you can be involved in the Befriend program:

**Mentors:** We need Mentors. If you love people and are willing to share your life, teach others, learn new things, and take part in a unique program, this could be just for you! It takes only one hour a week for six months!

**Mentees:** Do you think life could be better than it is? A mentor might be able to help. Consider the possibility of one hour a week for six months to spend time with a mentor who will be a support for you, be a resource to learn from, and help you live life well.

**Befriend Mentor Training:** Befriend Mentor Training (BMT) is available through our program. If you wish to mentor or just want to sharpen your relationship skills and know more about available community resources, BMT can equip you to be effective in these areas. The training is offered as a free resource to the community.

**Financial Giving:** The guidance, training, registry checks and ongoing support for the Befriend program are offered free of charge to Befriend participants. We do however, welcome financial donations to the Befriend program to assist in the cost of employing a coordinator, administrative support and to help us to continue offering this program as a valuable tool for those experiencing challenge in their life.