

## How can I get more information?

If you would like more information please contact:

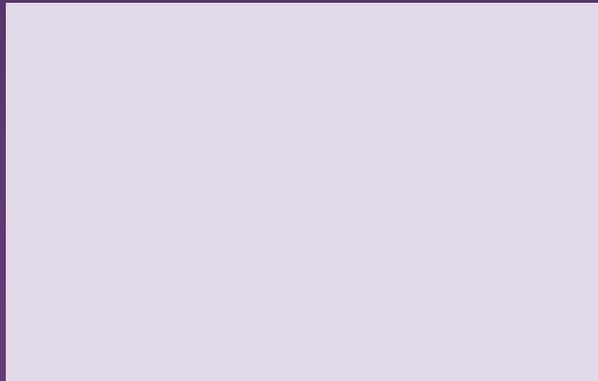
### Le Chéile Mentoring Project

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# Parent Mentoring



## What is Le Chéile?

In recognition of the need to provide a broader range of services to young people who come in contact with the Courts, Le Chéile was established in 2005 to meet the needs of the Mentor (Family Support) Order under the requirements of the Children Act 2001. This is a child-centred non-judgemental service which recruits and trains volunteers from local communities to act as Mentors to young people referred by Young Person's Probation.

## What is Parent Mentoring?

Le Chéile understands the stresses and challenges faced by parents who have a young person involved in Young Person's Probation and have therefore established a Parent Mentoring service to meet these needs.

## What is a Parent Mentor?

A Parent Mentor is a member of the community who gives their time on a voluntary (unpaid) basis to Le Chéile. Parent Mentors are over 25 years of age and are able to offer the parent some support and general guidance, they can also discuss parenting issues with you on a regular basis. Parent Mentors undergo a thorough recruitment procedure, including individual interview, Garda check, reference check, identification check and all Parent Mentors are required to attend an intensive training course.

Parent Mentors are chosen primarily because of their ability to listen, their understanding of the needs of parents, their ability to work with parents and to deal with parenting issues, their motivation and their positivity.

## Le Chéile Parent Mentoring has a number of aims:

1. To support parents and to help them to identify and develop their own Parenting skills base.
2. To help build confidence, motivation and stress management skills with the parent through the Mentoring process.
3. To give the parent a positive peer to work with in the form of a Parent Mentor.
4. To help the parent to build a relationship outside of the home through weekly meetings.

## What does Parent Mentoring involve?

You will meet with your Parent Mentor for about three hours a week outside of the home. For the initial few weeks you may wish to meet for coffee, go to the cinema and focus on building a relationship with your Mentor.

After that you can start to set out achievable goals together. These may involve working on parenting

issues, stress management, motivation and building confidence in parenting.

## How long does Parent Mentoring last?

You will be assigned a Mentor for up to three hours a week for the length of time that your young person is involved with Le Chéile or Young Persons Probation. This could be anything from six months to two years. However you can choose to end your Parent Mentoring relationship before then if you feel you no longer need the service.

## How do I get involved?

You may have already been asked to join the project by your young person's Probation Officer or by a member of Le Chéile in which case please contact them on the number with which you have been provided. Alternatively, once you have a young person who is involved with Young Persons Probation you can contact us directly through the details provided in this leaflet and we will provide you with all of the information that you require in order to join.

## What will it cost?

Nothing! All activities and costs are paid for by Le Chéile and funded through the Probation Service. Le Chéile may also fund child minding services in limited circumstances where required.