

# Harvest Life Foundation (HLF)

*Our mission is to help people successfully re-enter the community after incarceration by increasing their access to employment, education and support services*

## Volunteer Mentor Position Description

### Major Role:

To serve as a mentor to an adult who is transitioning from incarceration to the community.

### Major Responsibilities:

- Offer support, encouragement, and motivation to participant with whom you have been matched.
- Work as a part of a team in conjunction with the HLF staff, parole officers, and community agencies.
- Motivate and help participant learn how to help her/himself.
- Support participant as they access community services.
- Support participant in developing and refining life skills.
- Provide guidance in developing skills such as problem solving and decision making.
- Help build self-esteem and self-confidence.
- Encourage participant to engage with the community in positive ways.
- Model positive social behavior and attitudes.
- Attend training and mentor/participant social events.
- Contact participant at least once a week.

**HLF staff will provide training and support to help mentors and participants meet goals.**

### Benefits:

- An opportunity to learn and share experiences.
- Initial training and continued education sessions.
- Contribute to helping an individual mature, progress, and achieve goals.
- Contribute positively to an individual and to your community.
- An opportunity to become acquainted with issues facing the re-entry community.

### Qualifications:

- At least 25 years old.
- Emotionally mature with stable lifestyle.
- Have a sincere interest in helping recently incarcerated adults transition effectively into our community.
- Willingness to learn.
- Have positive social and communication skills.
- Patient and flexible.
- Dependable and consistent in meeting time commitments.
- Tolerant and respectful of individual differences as well as cultural, religious, and social differences.
- Minimum of two years sobriety.
- Able to make a six month to one year time commitment to the individual (depending on the needs of mentor and participant).

The volunteer should have the ability to accept and relate to people who may not share the volunteer's lifestyle and values. The volunteer should respect the participant's right to self-determination and independence. This respect is an essential element in the relationship.

For more information, contact [info@harvestlifefoundation.org](mailto:info@harvestlifefoundation.org)