

# **FAMILY CARE OFFICE (FCO) PEER MENTORSHIP PROGRAM**

## **INFORMATION GUIDE**

The Peer Mentorship program allows for student mentors to share with their peers their best strategies and insights on being students with family responsibilities (student parent, young carer, or any caregiver) at the University of Toronto.

Students with family responsibilities lead busy lives. These students are dealing with school challenges and successes, and need to make time for family and community. A mentor can share valuable tips and candid advice to help their peers balance the demands of caring for family members with academic commitments in a safe and supportive environment.

### **Program Goals**

- To assist students with family responsibilities with finding resources, services, programs, and spaces that will help with school and family balance.
- To provide a supportive environment and the development of a peer social group.
- To provide peer mentors with leadership, communication, and interpersonal skills training

### **Basic Structure of the Program**

- Any current U of T student with family responsibilities— any gender, graduate and undergraduate, part-time and full-time students in a degree program can apply to be a mentor if you have been a UofT student for at least 1 year.
- Mentors and mentees are matched based on family responsibilities and when possible on academic backgrounds, as well as shared experiences.

### **How a student with family responsibilities looking for a mentor can access the program:**

- When attending the FCO Orientation Session in the fall, students will have a chance to meet and choose a mentor attending the session.
- May contact the office and ask to be matched with a peer mentor.
- May be offered a peer mentor when contacting the Family Care Office for other reasons.
- May socialize with mentors at our social events and decide to keep in touch.
- May drop-in at the Family Care Office drop-in times (to be determined every school year)