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### Mentors needed for Bozeman-area youth

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## **NEWS RELEASE**

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March 5, 2001

**Contact:** Betsy Hands, Building Skills for Adulthood, (406) 243-6754 or (800) 556-6803.

### **MENTORS NEEDED FOR BOZEMAN-AREA YOUTH**

#### **MISSOULA —**

Building Skills for Adulthood is seeking mentors and life-skills facilitators for **Bozeman**-area youth ages 16-21. Mentors help teen-agers move from foster care to independent living by building their self-esteem and life skills.

Building Skills for Adulthood, a collaborative program of The University of Montana and the Department of Health and Human Services, will host mentor training for new volunteers from 5:30 to 9 p.m. Friday, March 16, and 8 a.m. to 4 p.m. Saturday, March 17, in the Best Western City Center, 507 W. Main St.

Training is free and open to the public. The meetings will provide instruction for new volunteers in areas such as adolescent development, building the mentoring relationship and fostering life skills. Volunteers should call Betsy Hands at (406) 243-6754 or (800) 556-6803.

Volunteers donate two to three hours per week to help foster youth develop skills such as money management, job seeking, apartment hunting and more. Without these skills, moving out of foster care can be difficult. Building Skills provides opportunities to work one-on-one with a youth or lead a group in life-skills development.

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Research has shown that young adults who have left the foster-care system are over-represented in homeless, public assistance and prison populations. Youth with mentors demonstrate better attendance, grades and attitudes in school, along with improved self-confidence and family relationships.

Building Skills works to match foster youth with mentors in communities throughout Montana.

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CBS  
Bozeman media  
BSAboze.rl