



# Become a volunteer family mentor

We are looking for family mentors to support families with children from 5-11 year olds, through a range of different befriending projects. We aim to support families to cope with the challenges of everyday family life and help to improve outcomes for the whole family.

We are looking for someone who could mentor a family to strengthen the relationships between parent and child.

If you have a heart for your community, can understand and show compassion towards the challenges parents are facing today, then could this be the volunteering opportunity you are looking for?

## Benefits of volunteering

- Listening and reflection skills
- Training and ongoing development
- Experience in family support
- Skills and experience for future employment
- Sense of fulfilment from helping people
- A boost for your emotional and mental health

If you would like to join our team, we would love to hear from you. To find out more about this volunteering role, contact **Anmarie** on **07949 890 749**

## We build better family lives together

[www.familylives.org.uk](http://www.familylives.org.uk)

 familylives

 HILLINGDON  
LONDON