



Your Gift At Work



Athletes Mentoring Program

March 2017

MENTORING IS A POWERFUL WAY TO CONNECT WITH YOUTH



Cole & Caleb



Jason & Liam



Parker & Dante

In fact, research shows that consistent interaction with a mentor increases the likelihood of high school completion and success in life.

Catholic Family Service has offered the Athletes Mentoring Program (AMP) since 1999. This unique program combines sports with mentorship as a way to engage young people and promote high school completion. Rather than focussing on athletic skills, AMP uses a safe group setting of team practices as a place where mentoring can occur.

Once a week, youth aged 10 - 14 get together with student athletes from the University of Calgary and Mount Royal University to talk, cultivate friendships, learn new skills and have fun. The program combines group and one-on-one mentoring. Group activities include semi-structured time for physical activity and structured one-on-one activities with a focus on enhancing self-esteem and social skills.

AMP BENEFITS THE WHOLE FAMILY

This program is not just for the young – parents play an integral role in AMP. Through home visits or discussions with program staff, parents help set the stage for their son or daughter’s experience. We like to think of parents as our home-base partners who share insights about their child’s strengths and challenges, help set goals, monitor progress and, of course, celebrate their accomplishments.

In 2016, we introduced our popular parent-peer nights, inviting parents to meet together several times throughout the year. This is a time for parents to discuss the AMP experience with other parents and staff.

As well, we have invited parents to attend a mentoring session with their children and the student-athletes mid-way through the year. It has been exciting to see rewarding relationships develop between mentors, mentees and parents as a result.



Kirvin, Zara & Megan

Program evaluations show that AMP has helped to strengthen participating families. In 2015-2016, 48% of parents felt that members of the family had experienced an improvement in their ability to solve problems, and 33% saw an improvement in family members feeling accepted by each other.



I have to say that our family life took a major turn for the better when we started with AMP. Every Wednesday, my husband would leave work two hours early to drive 40 minutes during rush hour so we could take the girls to Mount Royal University. The whole family would go and drop off the two older ones at the program.

While we waited for them, my husband and I took advantage of the time to bond with the two younger kids. While the whole Wednesday routine was hectic, my two AMP participants never got tired of it all. They always looked forward to spending time with their mentors because they loved the feeling of having somebody who treated them special."



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ATHLETES MENTORING PROGRAM SEASON STATS

Current Season (2016-2017)

- 48 children & youth
- 60 mentors
- 60% of participants in Grades 4-6
- 40% of participants in Grades 7-9
- 48% of children live in single parent homes
- 48% have family incomes of less than \$45,000
- 27% of families are new to Canada

Last Season (2015-2016)

- 48 children & youth
- 60 mentors
- 70% of participants in Grades 4-6
- 30% of participants in Grades 7-9
- 33% of children live in single parent homes
- 50% had family incomes of less than \$45,000
- 25% of families are new to Canada

2015-2016 OUTCOMES

- 53% of participants reported improved self-esteem.
- 44% of participants reported an increased ability to manage emotion.
- 23% of participants reported increased confidence in knowing it is okay to be different.
- 17% of participants reported increased participation in school sports.
- 53% of parents reported an increased willingness in their child to be part of a team.
- 50% of parents reported that their child was doing better in school.
- 35% of parents reported their child was more interested in going to college or university.

The outcomes above all occurred at statistically significant levels, meaning that the change the families experienced can be attributed with confidence to their involvement in the Athletes Mentoring Program.



The Nora Valentine-Kehoe Family Fund

was established in 2010 to honour the late Nora Kehoe's life-long commitment to the family. Nora believed that confident, caring parents are a bedrock for strong families and communities. This belief was shared by her husband Terry Kehoe, who passed away in 2015.

As two remarkable parents, grandparents and community leaders, Terry and Nora's legacy is all about family. The donations made in their honour will continue to support the Athletes Mentoring Program so families can grow stronger through mentoring.

The Valentine-Kehoe Family, the UP Foundation, and Catholic Family Service are grateful to all who choose to honour Terry and Nora with a donation.

Donations to the Nora Valentine-Kehoe Family Fund in 2016 totaled \$29,400 and the fund balance was \$45,876 at the end of the year. \$40,700 was allocated to the Athletes Mentoring Program in 2016.

THANK YOU DONORS

The City of Calgary – Family & Community Support Services

Nora Valentine-Kehoe Family Fund

Calgary Flames Foundation for Life

Dinner Optimist Club of Calgary

The Chamberlain Group

and many individual donors!



The Unlocking Potential (UP) Foundation is the fundraising arm of Catholic Family Service of Calgary. UP connects the giving hearts in our community with high-impact programs that are building strong families.

For more information or to arrange a visit to the Athletes Mentoring Program:
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