



GARDEN PATHWAYS

Family to Family Mentoring, a division of Garden Pathways, Inc.

Youth Mentoring Services

Rampant gang violence, substance abuse, teen pregnancy, truancy, and low academic performance in Kern County are symptoms of the unmet needs of our community. These complex challenges require multi-faceted solutions and broad-based community collaboration.

Mentoring** serves as an effective means to lasting change. Through long-term relationship and sustained engagement, **mentoring changes lives.

GARDEN PATHWAYS, INC.

Garden Pathways changes lives from the inside out through hope and relationship. Since 1998, Garden Pathways has been providing **comprehensive mentoring services** through its Family to Family Mentoring program. The program supports a broad range of at-risk participants in an established program that offers both **individual and group mentoring for youth and adults**, including therapeutic mentoring services. Garden Pathways provides a strength-based, individualized program that educates and motivates participants to break generational cycles of poverty and at-risk conditions, change patterns, and create new and healthy mindsets. The program incorporates strategies from evidence-based programs, such as Aggression Replacement Training (ART) that promotes skill-streaming, anger-control, and moral reasoning. Garden Pathways' emphasis on the process of engagement deals with the real barriers to success and fosters lasting and long-term changes.

Through collaboration with the Department of Human Services, Probation Department, Kern County Superintendent of Schools, public and private agencies, and community and faith-based organizations, Garden Pathways serves youth, **ages 13-21**, who are **at-risk of gang violence, pregnant and parenting youth, emancipating and emancipated foster youth**, participants of the **Independent Living Program (ILP)**, **Cal-Learn**, **Youth Enhancement Services (YES)** programs, children of CalWORKs and CPS participants who display **truant behavior**, and **other at-risk youth**.

Family to Family Mentoring has been selected by the University of Southern California and the California Council of Churches as a *"promising practice — a program that breaks new ground and exemplifies the power of collaboration in leveraging the capacity of faith-based organizations to serve the state's poor."*

COMPREHENSIVE MENTORING SERVICES

The comprehensive services offered by Garden Pathways for youth, **ages 13-21**, include:

- **Group mentoring**
- **Individual mentoring**
- **Crisis intervention**
- **Resource and referral**
- **Long-term follow up to address individual needs**

- **Mentoring Module A:** ten (10)-hour workshop of core **group mentoring sessions** promoting healthy life skills and education (five days; 2-hour sessions)
 - Core group mentoring sessions guide youth toward three encompassing goals: **building hope, experiencing community, and developing skills.**
- **Mentoring Module B:** periodic **group mentoring events**, including practical application of daily-living and relationship skills
 - Group mentoring events, encompassing community service projects, sports, recreational, and cultural events, and other life enrichment experiences, broaden the youths' horizons.
- **Mentoring Module C:** four months or more of **individual mentoring** or **additional group mentoring**
 - Upon completion of Module A, youth are encouraged to participate in individual mentoring or additional group mentoring with a caring mentor/mentoring team that provides guidance and encouragement.
 - For individual mentoring, youth are matched with a trained adult volunteer mentor (age 18+) who has passed a background check. Experienced mentoring teams facilitate group mentoring.
 - Mentors garner background knowledge about their matched youth from surveys, assessments, staff observations, and youth self-reporting during group mentoring sessions.
 - Youth and mentor meet a minimum of one time per week for four months.
 - Group mentoring sessions meet on the campuses of designated schools on a weekly basis for one hour or more. Students receive individual support and crisis intervention as needed.
 - Garden Pathways encourages individual/group mentoring to continue longer (at least one year), if both youth and mentor desire to continue the mentoring relationship.

Garden Pathways' youth mentoring team visits school campuses and group homes on an ongoing basis. For information about Garden Pathways' availability to conduct group mentoring sessions at your campus or facility, please contact Garden Pathways.

Adult Mentoring: Garden Pathways also provides **comprehensive mentoring services for adults** who face the challenges of poverty and at-risk conditions, including **parents of youth at-risk of gang violence** and **CalWORKs** and **CPS** participants. Support includes group and individual mentoring, crisis intervention, resource and referral, and long-term follow up to address individual needs.

Referrals: Referrals of youth at-risk of gang violence and parents of youth at-risk of gang violence may be made directly to Garden Pathways. Referrals of youth and adults who receive services from the Department of Human Services may be made by contacting their DHS social worker.

Partnering: Garden Pathways welcomes mentors, partners, and donors to **invest in lives**. Your gift of time or resources will make our community **healthier, safer, and stronger**.

Garden Pathways, Inc. is a non-profit 501 (c) (3) organization (EIN # 77-0442212) founded in 1997 by local individuals seeking to translate their faith into effective community building. Garden Pathways offers its services without regard to race, color, religion, sex, national origin, age, disability, political affiliation, or any other classification protected by law.

For more information, visit www.gardenpathways.org or call (661) 633-9133.

- Karen Goh, Executive Director, Garden Pathways, Inc. kareng@gardenpathways.org
- Tamira Smith Lopez, Program Manager, Family to Family Mentoring tamis@gardenapathways.org

