

## HOW TO GET STARTED

Contact our Independent Living Skills Coordinator to request a Peer Mentor application.

After your application has been reviewed, the Independent Living Skills Coordinator will schedule a meeting to get to know you better and set up a time for training.

Once matched with a consumer, you can begin the mentoring process.



CONTACT US TODAY TO LEARN  
HOW YOU CAN HELP  
OR HOW WE CAN HELP YOU!



**Center FOR  
Independent Living**  
OF NORTH CENTRAL FLORIDA

**EMPOWERING INDIVIDUALS  
WITH DISABILITIES**

### HEADQUARTERS

222 SW 36th Terrace, Gainesville, FL 32607  
VOICE (352) 378-7474  
VP (352) 240-3079  
FAX (352) 378-5582

### OCALA OFFICE

2760 SE 17th Street, Suite 300, Ocala, FL 34471  
VOICE (352) 368-3788  
VP (352) 414-1833  
FAX (352) 629-0098

**www.CILNCF.org**  
**TOLL FREE (800) 265-5724**

SERVING 16 COUNTIES IN NORTH CENTRAL FLORIDA  
STAFFED & GOVERNED BY A MAJORITY OF PERSONS  
LIVING WITH DISABILITIES



**EMPOWERING  
INDIVIDUALS  
WITH DISABILITIES**



The Center for Independent Living needs volunteers for the Peer Mentoring Program. If you have a desire to help and are between the ages of 18-24, please consider volunteering some of your time to mentor someone who is in need of additional support. Mentors have the opportunity to help others develop and achieve their personal goals and maintain or improve their independence.

## Qualities of a Mentor

- Listens/Communicates well
- Empathetic Nature
- Ethical
- Trustworthy
- Fair knowledge of disability rights and issues

BE A  
**FRIEND**  
TO SOMEONE  
IN **NEED**



## Mentor's Journey

As a mentor, you have the opportunity to guide youth forward in pursuit of their goals. You can support your mentee by meeting at a local café for lunch and guidance; talking to them about your college experiences, or take a trip to a job site. Maybe you can help by simply connecting them to organizations in the community. There are so many opportunities to encourage and be a role model.



With only a few hours a week, you have the ability to greatly impact someone's life.

