

## Peer-to-Peer Mentoring Session Descriptions

SESSION	DESCRIPTION	TIME	HOURS
2) Building Trust and Family Dynamics March 13, 2004	This session is all about why trust can be difficult, the different life experiences we all have, from alcoholic households to disabled youth feeling rejection and isolation because of their disability. Most of this session is based on trust building exercises. This topic can touch at the very core of our development. In this session, we will address the various roles disabled people have played in the family dynamic, the stigmas our families cast upon us from an early age and the image we have of ourselves because of it. This is significant because we carry these characteristics with us into other roles we play in our communities. Skill-building techniques for this session will include understanding cross-cultural differences, active and reflective listening.	12-5 pm	5.0
3) Transportation and Housing  March 20, 2004 Speaker; Kevin Irvine Equip for Equality	This session is all about something we all know a lot about...problems with accessible transportation! We'll talk about how to help someone go through the CDT process and what to do if they get denied services, inaccessible mainline services and youth who are hesitant to ride with anyone but Mom. . This session will help to prepare the participants with mentoring their "mentees" on issues such as living on their own, apartment hunting, living with a roommate and budgeting. We will also cover discrimination. Skill-building techniques for this session will include resource collection, effective communication, networking, advocacy, time management, and communication.	12-5 PM	5.0
4) Self-Esteem, Dating, Body Image, Sexuality, sexual abuse, date rape, crisis intervention, where to go for help Alcohol or drug addiction.	In this training, we'll talking about how to handle really important issues, the big questions about sex and dating and then in case of crisis, where to go for help. We will also cover information on the signs of alcoholism and drug addiction, how and when to address it if you think your mentoree has a problem. Resources that	12-5 PM	5.0

<p>March 27, 2004  Speaker Brenda DaRe  Pittsburgh, Pa  TRCIL  (PCAR board)</p>	<p>are available to youth in the community will be discussed. Skill-building techniques focusing on reflective listening, emergency assistance, and resource utilization..</p>		
<p>5) Education and Benefits Counseling  April 3, 2004  Marsie Frawley,  Health and Disability Advocates</p>	<p>This session will cover your rights under ADA, and 504, financial aide assistance and other resources. Skill-building techniques for this session will include resource collection, and receiving feedback. This session will also cover information on Ticket to work, PASS and other work incentives that can be beneficial to youth who want to work. This information will be useful to mentors as mentorees might ask the question, "I want to work, but my mom says I'll lose my check, what can I do?" Skill-building techniques for this session will include resource collection and cross-cultural values exercises</p>	<p>12-5 PM</p>	<p>3.0</p>
<p>6) Accessibility and Activism  April 6, 2004  April 10, 2004</p>	<p>This session will cover valuable information on what to do to find an accessible meeting place and how to handle it when the place where you want to meet is not accessible. We will also talk about that fact that accessibility means different things to different people, and the need to be aware of the accessibility needs of your mentoree. Skill-building techniques for this session will include resource collection and utilization, advocacy, problem solving, and the ability to further investigate the situation at hand will enhanced in this session.</p>	<p>5-7 pm  12-3 pm</p>	<p>2.0  3.0</p>
<p>7) Time Management, getting to know your mentoree and what's next  April 17, 2004</p>	<p>This session will prepare the participants with the addition to their schedule. Participating in the peer-to-peer mentoring project is a commitment and time management is an important skill not to be overlooked. It will also focus on activities to get to know your mentee. Matching with your mentoree, i.e. Meyers Briggs test.</p>	<p>12-5 PM</p>	<p>3.0</p>