



Mentoring for children and young people

Who is eligible?

Hope Together Mentoring is accessible to all children and young people, irrespective of their living arrangements, including those living at home, in kinship care, or residential care. The program is inclusive of individuals with disabilities and respects all cultural and religious beliefs.

Become a mentor

Join us to help make a difference in a child's life.

As a mentor, you will receive comprehensive training that includes:

- Trauma-informed care principles.
- Effective communication and boundary-setting skills.
- Strategies for supporting emotional wellbeing and resilience.



Empowering children through trauma-informed mentoring



Contact us on 1300 259 297
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About this program

Hope Together is committed to providing trauma-informed mentoring for children and young people who have experienced Adverse Childhood Experiences (ACEs).

We strive to build resilience, promote healing and support positive development through compassionate and consistent mentor-mentee relationships.

Our approach

Our program uses trauma-informed principles to provide support:

- **Safety:** Creating an environment where children feel physically and emotionally secure.
- **Connection:** Building strong, healthy relationships to provide support and a sense of belonging.
- **Coping:** Encouraging the development of emotional regulation and problem-solving skills.
- **Trustworthiness:** Developing reliable and transparent mentor-mentee relationships.
- **Empowerment:** Promoting autonomy, resilience, and personal growth.
- **Cultural sensitivity:** Respecting and honouring diverse backgrounds and lived experiences.

Our mentoring services

Skill development

Activities designed to enhance emotional regulation, social skills, and academic performance through trauma-informed strategies.

One on one mentoring

Personalised support tailored to each child's unique needs.

Family engagement

Collaborating with families to create supportive and healing home environments.

Community connections

Linking children and families to additional resources and services to address broader needs.

Trauma processing

Age appropriate psychoeducation and access to therapeutic resources for extra support.

What are ACEs?

Adverse Childhood Experiences (ACEs) are potentially traumatic events that occur before the age of 18, such as abuse, neglect, or household dysfunction. These experiences can have lasting effects on a child's health, behaviour, and development.

