

# Become a mentor for a teen with Type 1 Diabetes!

Do you have Type 1 Diabetes?

Join the Vermont Diabetes Mentoring Project!



## About the program...

The Pediatric Endocrinology Department at Vermont Children's Hospital and Spectrum Youth and Family Services have partnered to pair adults and adolescents with Type 1 Diabetes in supportive, active and fun relationships.

Participation will include mentoring training. Matched pairs will be encouraged to meet weekly for a one year commitment.

## You don't need to be perfect, just understand!!!

Mentoring is a structured and trusting relationship that brings young people together with caring individuals who offer guidance, support, and encouragement. A mentor provides a young person with support, counsel, friendship, reinforcement and a constructive example. Mentors are good listeners, people who care, people who want to help young people bring out strengths that are already there. Finally, mentoring is a lot of fun.

Have Type 1 Diabetes? Interested in being a mentor?

Contact Dr. Daniel Shumer at [daniel.shumer@vtmednet.org](mailto:daniel.shumer@vtmednet.org) or Dee Johnson at [djohnson@spectrumvt.org](mailto:djohnson@spectrumvt.org) (ph 802-660-0580 x321) to learn how to sign up