YMCA Plusone Mentoring

YMCA Plusone Mentoring is a community-based program for youth 10 to 17 years old who are experiencing challenges in their social and academic development. Participants are referred to the program by community partners including schools, social workers, police, and other YMCA programs.

Youth participants are matched with a volunteer adult mentor for a one-year period. The pair meet weekly at their local YMCA to participate in sports, leisure, and capacity-building activities. As the year progresses an authentic relationship is formed between the youth and their mentor.

Mentors receive specialized training prior to engaging with their mentee, and the mentoring relationship is guided by a program Support Worker.

The objective at the end of one year is to have leveraged the mentoring relationship and for the youth to have gained new skills and tools to help them navigate the challenges they confront in their daily life.

Scottish Roots

YMCA Scotland developed Plusone in 2009. After a successful pilot phase, in 2012 the program contributed to YMCA Scotland receiving the UK Charity of the Year award. Gaining in notoriety, the program was subsequently identified as one of the 25 best practices in the United Kingdom for intervening with youth.

First Steps in Canada

In 2016, through funding from Public Safety Canada the YMCA implemented Plusone in 4 different communities across the country: Surrey, British Columbia; Regina, Saskatchewan; Montreal, Quebec; and Moncton, New Brunswick.

Helping youth by providing...

- A positive adult role-model
- A space to enjoy and share their passion
- Guidance through challenges at school, at home, or in the community
- Opportunities to discover new interests and aspirations, as well as develop new abilities
- Avenues to create or expand their positive social network
- A chance to be themselves and have fun!

Helping the community by...

- Working proactively with youth to build resilience and a positive self-image
- Contributing to the reduction of youth criminality
- Presenting community members with an impactful volunteering opportunity
- Providing a complementary approach to clinical intervention and other community-based programs

$ All program activities are free

Activities take place at your local YMCA

Interested in getting involved? Contact us today!

plusone@regina.ymca.ca | Addison Docherty: 306.537.7476
Shruti Goudar: 306.551.3354