Beloved Berachah CIC
FREE RESOURCE GUIDE

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Community Mentoring Framework

Mentoring is a powerful tool for restoration, but it requires clear boundaries. This framework outlines the role of a Beloved Berachah community mentor.

The Role of a Mentor

A mentor is a compassionate listener and a reliable guide. A mentor is **not** a licensed therapist, legal advisor, or crisis worker. Your goal is to walk alongside, not to "fix".

Establishing Boundaries

1. **Communication:** Define exactly when and how you can be contacted (e.g., "I am available by text between 9 AM and 5 PM").
2. **Commitment:** Be consistent. If you promise to call at a specific time, follow through. Broken promises can mirror past traumas.
3. **Confidentiality:** Maintain strict privacy, except in cases where safeguarding policies require you to report a risk of harm.

Active Listening Techniques

Focus on the "WAIT" principle: ***Why Am I Talking?*** Allow the mentee to guide the conversation. Use affirming responses ("I hear you," "That sounds incredibly difficult")

rather than immediate solutions.

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