



CAPTAIN

Community Human Services

FAMILY DEVELOPMENT

An empowerment-based mentoring program where volunteer mentors, working in partnership with families or individuals, build relationships of mutual respect.

Mentoring provides guidance, advocacy, and support to individuals and families seeking to restore their sense of hope and healthy independence.

Typical mentoring activities include: financial literacy counseling, budgeting, helping people access and navigate community services, and teaching time management, organizational, parenting, and life skills.

**For more information,
call 518-371-1185**

Mentors have several key roles which help families become more self-sufficient:

- To help families assess, recognize, and develop their own strengths
- To help families create their own short- and long-term goals
- To help families connect and gain access to resources they need to reach their goals
- To help families develop and practice new skills
- To help families reclaim and write their own future stories
- To encourage communities to support families in their journey toward self-sufficiency.

CAPTAIN Community Human Services

Clifton Park Office

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Glenville Office

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For the most up-to-date information about our programs and services, upcoming events, and more, please visit our website:

www.captaincares.org