

“My goal when I signed up to mentor was to provide a teen with a stable, non-judgmental relationship that was built upon trust and positive energy. I could never have imagined the gift I received in return - being a part of an individual’s journey of self-growth, discovery, respect and love.”

– Amy, mentor



“My mentor is an amazing person who changed my life with her open heart. She has shown and taught me many different things, opening me up to try new things and making me feel loved when I’ve hit rock bottom.”

– Faith, mentored youth

Next Steps

Scan the QR code below to find a DCYF location in your area.



www.dhhs.nh.gov/about-dhhs/locations-facilities

For more on connecting foster youth with supportive adults, visit:

www.dhhs.nh.gov/programs-services/child-protection-juvenile-justice/adolescent-program/supportive-adult-connections

Community Connect

A DCYF Program

Ensuring positive adult connections for youth in foster care.



State of New Hampshire
Department of Health and Human Services
Division for Children, Youth and Families

If you want to make a positive difference in the life of a New Hampshire youth in foster care and are able to make a year-long commitment, consider becoming a mentor.

A mentor is a friend, a relationship builder, a supporter, a career guide, a role model, a listener, a tutor, a confidence builder, a motivator, a coach.

By sharing activities, listening, and helping a youth develop skills and self-sufficiency, you can help increase their overall well-being and encourage them to reach their personal goals.

You do not need to have all the answers, just a willingness to listen and share the wisdom you have gained from life experience.



The Community Connect program pairs youth ages 14 and older who are in DCYF foster care with a caring adult who helps them celebrate successes, navigate challenges, and create the future they want.

*“Do for one kid what
you wish you could do
for all kids.”*

*~ Josh Shipp, author,
motivational speaker, and
former youth in care*

When possible, DCYF attempts to reconnect a youth with a trusted adult who is familiar to them, such as a relative, teacher, coach, or employer. When this is not an option, we seek to match youth with a trained adult volunteer mentor.

Research has shown that the presence of one or more caring adults in a youth’s life can make a difference. Positive adult relationships can increase a youth’s self-esteem and academic performance, and decrease substance misuse, delinquent acts, and depression.

Over time, youth in foster care who have positive experiences with mentors can alter their perceptions and patterns of interactions, empowering them to establish healthy relationships with others.

