

# Love N'spired Inc. Mentorship Program

## **Program Duration:**

9–12 months (based on the mentee's individual needs)

## **Mission:**

To provide consistent, impactful mentorship that empowers youth and young adults through love, guidance, and practical life skills.

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## ◆ **Program Structure**

### **Step 1: Parent/Guardian Introduction**

- Meet with parent(s)/guardian(s)
- Share Love N'spired's Mission
- Discuss goals, expectations, and the mentee's needs

### **Step 2: Mentee Introduction**

- One-on-one session with the mentee
- Learn about their strengths, challenges, and aspirations

### **Step 3: Personalized Mentorship Plan**

- Collaborate with family and staff
  - Develop a tailored program plan
  - Review together with mentee and parent(s)/guardian(s)
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## ◆ Core Program Areas

### Life Skills & Personal Development

- **Self-Care & Hygiene**  
Cleanliness, shaving, menstruation, puberty education
  - **Haircare**  
Tutorials and guidance for various hair types
  - **Dress for Success**  
Learn how to dress appropriately with a fun fashion show finale
  - **Pregnancy Prevention**  
Abstinence, birth control, and safe practices (with parent/guardian approval)
  - **Exercise & Wellness**  
Tennis, volleyball, biking, and other fun physical activities
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### Heart to Heart (Group & Individual Sessions)

- Social skills development
  - Conflict resolution
  - Emotional growth and self-reflection
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### Job Readiness

- Career path exploration
- Resume building and application help
- Mock interviews
- Volunteer and job opportunities through Love N'spired and partners

## **Financial Literacy**

- Budgeting basics
  - Saving and spending wisely
  - Understanding pay stubs and bills
  - Bank account setup
  - Debt-free living tips
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## **Social Media Awareness**

- Online safety
  - Risks of oversharing
  - Cyberbullying, sexting, and online predators
  - Understanding digital boundaries
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## **Substance Abuse Awareness**

- Education on drugs, alcohol, and their effects
  - Emotional impact on self and others
  - Guest speakers or visits from local authorities (e.g., LVPD)
  - Access to counseling and root cause support
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## Behavioral & Emotional Health

- Licensed counselors and psychologists available
  - Support for mental health, grief, trauma
  - Emotional regulation and physical wellness
  - Building healthy relationships and social skills
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## Juvenile Probation Support

- Additional mentorship and guidance
  - Help navigating probation with positivity and support
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## ◆ Fun & Enrichment Activities

Weekly or biweekly outings to reward participation, promote joy, and encourage social growth.

### **Possible Outings Include:**

- Bowling
- Movies
- Laser tag
- Water parks
- Ice cream outings
- Museums
- Beach trips
- Local Las Vegas shows

- Arcades
- Amusement parks
- Restaurant dinners
- Pampering days (mani/pedis, haircuts)
- Custom “day of their choice” events

Activities may be one-on-one or group-based.

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## **Celebration of Affirmation**

A special ceremony held at the end of each mentee’s program to celebrate their growth, milestones, and achievements.

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## **Our Ongoing Commitment**

We don’t just mentor—we build lasting relationships. Our support continues long after the program ends, offering ongoing guidance, encouragement, and resources.

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## **Contact Info & Program Details**

**Love N’spired Inc.**

*501(c)(3) Nonprofit Organization*

**EIN:** 84-2522607

**DUNS #:** 080327787

**Mailing Address:** 800 Rainbow Blvd. Ste.208 Las Vegas, NV 89107