



A mentor can give you **support** for the next 4 months.



A mentor is committed to learning not only how to live with his or her own illness but also **how to grow and thrive**.



A mentor won't tell you what to do or have "**the answers**" but will be there to **listen** and **support** you in YOUR wellness goals.



The end benefit is for you to **recover** and to **find your way to wellness** — whatever that looks like for you.

If you are interested in having a mentor, talk with your social worker

A Program of:



1150 S. Bascom Avenue, Suite 24, San Jose, CA 95128

Contact: (408) 453-0400 ext. 1