



CRITICAL YOUTH MENTORSHIP

A Celebration of National Mentoring Month

January 31, 2022
11:00AM – 3:30PM EST

Presented by Youth Research & Evaluation eXchange (YouthREX) and MENTOR Canada.

Program

11:00AM **Welcome**
Kathe Rogers, Knowledge Exchange Director, YouthREX

PART ONE

11:10AM **Introduction to Part One**
Cyril Cromwell, Learning & Development Director, YouthREX

11:15PM **Keynote and Facilitated Q&A**
Reflections and New Paths in Youth Mentoring
Dr. Jean Rhodes

12:05PM **Spoken Word Performance**
Jayda Marley (The Poet MJ)

12:10PM **Panel on Critical Youth Mentorship Practices**
Jenny Qin, Research Assistant, YouthREX

- Katelyn Wang, **L.I.G.H.T. (Lead, Inspire, Grow, Hope, Transform)**, Greater Toronto Area
- Nicole Croes, **Thunder Bay Multicultural Association**, Thunder Bay
- Kimberly Gratto, **New Beginnings**, Windsor
- Marquez Ramsey, **SWAG (Success With Age and Guidance)**, Peel Region

HEALTH AND WELLNESS BREAK

12:30PM **Tools for Care**
Renelyn Quinicot

1:00PM **BREAK**

PART TWO

- 2:00PM** **Introduction to Part Two**
Cyril Cromwell, Learning & Development Director, YouthREX
- 2:05PM** **Keynote and Facilitated Q&A**
Decolonizing our Relationships to Mentorship and the Value of Lived Experience
Larissa Crawford
- 2:55PM** **Spoken Word Performance**
Eddie Lartey
- 3:00PM** **Panel on Critical Youth Mentorship Practices**
Kamau Davis-Locke, Research Assistant, YouthREX
- Matthew Tegtmeyer, **Pinecrest-Queensway Community Health Centre**, Ottawa
 - Patti O'Sullivan, **Connex Youth Mentorship**, York Region District School Board
 - Nicole Ineese-Nash, **Finding Our Power Together**

CLOSING

- 3:20PM** **Closing Performance**
Hamilton YOU Poets
- 3:25PM** **Thank You!**
Véronique Church-Duplessis, Director of Research and Evaluation, MENTOR Canada



DR. JEAN RHODES

KEYNOTE SPEAKER (PART ONE)

Jean Rhodes is the Frank L. Boyden Professor of Psychology and the Director of the Center for Evidence-Based Mentoring at the University of Massachusetts Boston. She has devoted her career to understanding and advancing the role of intergenerational relationships in the intellectual, social-emotional, educational, and career development of marginalized youth. She has published three books, four edited volumes, and over 150 chapters and peer-reviewed articles on topics related to positive youth development, the transition to adulthood, and mentoring. Her forthcoming book, *Older and Wiser: New ideas for youth mentoring in the 21st Century* (Harvard University Press) is now available.

Reflections and New Paths in Youth Mentoring will synthesize years of research and suggest promising new directions for the field of youth mentoring. Although youth mentoring is one of the most popular and frequently suggested volunteer activities in the U.S., programs are not nearly as effective as most people assume. Because the term “mentoring” is so intuitively appealing, and because this approach has been backed by such powerful constituents — from former U.S. presidents to Wall Street executives and professional athletes — the field has been granted unusual license to improvise and avoid the consequences of disappointing findings. Programs could do much better.

Yet, most remain wedded to an outdated “friendship” model that has remained essentially unchanged since the early 1900s. They rest on the assumption that forming close bonds through conversations and activities can promote a broad range of positive outcomes while preventing the progression of problems. In fact, according to a large-scale national survey, the most commonly reported mentor activity is “making time to have fun,” followed by talking, engaging in athletic, cultural, and creative activities. To more effectively promote positive youth outcomes, these friendships should be leveraged to deliver culturally-responsive evidence-based interventions that address the significant mental health, behavioural, and educational challenges facing today’s mentees.



JAYDA MARLEY (THE POET MJ)

SPOKEN WORD ARTIST

Jayda Marley is a 20-year-old nationally acclaimed Afro-Indigenous poet, youth activist, and community support worker of Ojibwe & Jamaican Descent born and raised in Toronto. As a former competing poet, Jayda holds the 1st place National championship title of “Voices of Today 2018.” She is the founder and creative director of her own open mic series as well as the Co-founder of the non-profit movement Not Another Black Life. She hosts her own workshop series called “BETWEEN THE LINES” which is a space created by her to empower BIPOC Femme writers. Her overall goal is to educate and break barriers within racialized and underserved communities to help spark hope in young minds, in order for them to change the narrative and use their creativity to take part in a more revolutionary future.



RENELYN QUINICOT

MOVEMENT & MEDITATION TEACHER

Renelyn Quinicot (she/her) is a queer filipina artist and movement & meditation teacher. She was born and raised on the Indigenous lands of Tkaronto (Toronto). Her offerings include Kundalini Yoga, Pilates, Aerobic Exercise, Yoga Nidra and more. She is passionate about exploring the body as a keeper of story and lineage, PLAY as a radical act of resistance, and is most of all, passionate about sharing supportive breathing tools to remind us of our own body as a wise resource of care.

Tools for Care is a playful class and loving exploration of you, for you! It begins with a fiery dance start. We shake off any heavy or stickiness in order to refresh for the rest of the day with a boost of new energy and JOY! We'll then flow into a mat-Pilates section to ground ourselves into more focused explorations for strengthening, before settling into a restful stretch, and brief meditation to seal it all in. All levels are welcomed!

Decolonizing our Relationships to Mentorship and the Value of Lived Experience will explore reciprocal mentorship in a way that can support both aspiring mentees and established mentors in reimagining the roles and values one holds in a mentoring relationship. Tangible tools and practices will be shared with the purpose of empowering the participants to reflect and articulate the value and wisdom they carry, regardless of age, status, or education. Larissa Crawford, York alumni and Founder of Future Ancestors Services, will be delivering this presentation in dedication of her two beloved mentors and accelerators of anti-racist change at York University, Dr. Lorne Foster and Ruth Green.



LARISSA CRAWFORD

KEYNOTE SPEAKER (PART TWO)

Larissa Crawford is a restorative circle keeper, published Indigenous and anti-racism researcher, award-winning ribbon skirt artist, and proudly passes on Métis and Jamaican ancestry to her daughter, Zyra. She is the Founder of Future Ancestors Services, a youth-led professional services social enterprise that operates at the intersection of climate and racial justice.

Under Larissa's leadership and since their launch in April 2020, the organization has mobilized +\$20K in donations for anti-racist and climate justice initiatives. Larissa and her team seek to increase their clients' capacity to honour people and Planet through their minds, work, and spaces, and do so while leveraging decolonized and Indigenized approaches to 'doing business.' Among their +140 diverse clients are small youth-led collectives and non-profits; Canada's most influential law firms and publishing houses; and the highest offices of the Canadian government.

Through programs such as the CohortX Climate Justice, the Action Canada, and the Youth Climate Lab FutureXChange fellowships, and now the Raven Trust Capital Fireweed Fellowship, Larissa continues her learning of Northern Indigenous climate knowledge, climate policy, anti-racism opportunities in environmentalism, and doing business with traditional and decolonized approaches.



EDDIE LARTEY

SPOKEN WORD ARTIST

Eddie Larthey is a Hamiltonian wordsmith who blends creative wordplay and storytelling to create a heartfelt experience for his audience. He details stories of love, struggle, and triumph. But at the end of the day he is just a man with a smile who likes to make people smile with words.

A SPECIAL THANK YOU TO PARTICIPATING YOUTH PROGRAMS!



Click on each logo
to learn more!



Thank you for joining us!

For more resources on this topic, be sure to visit our [Mentorship Featured Collection](#) on the YouthREX Knowledge Hub.



OUR VISION is an Ontario where shared knowledge is transformed into positive impact for all youth!

OUR MISSION is to make research evidence and evaluation practices accessible and relevant to Ontario's grassroots youth sector through knowledge exchange, capacity building and evaluation leadership!

www.youthrex.com // [@REXforYouth](https://twitter.com/REXforYouth)