

- Limoges, J., and Vonde, D. (2009). Mentor's Guide. Calgary, Alberta: Data Group. 59 pages. \$19.00 Cdn. Available from Heart to Heart.
- Limoges, J., and Vonde, D. (2009). Mentor's Workbook. Calgary, Alberta: Data Group. 20 pages. \$15.00 Cdn. Available from Heart to Heart.
- Limoges, J., and Vonde, D. (2009). Training Manual. Calgary, Alberta: Data Group. 28 pages. \$15.00 Cdn. Available from Heart to Heart.



This is a comprehensive set of three manuals, which together form a toolkit to administer a youth to youth mentoring program for girls. This toolkit provides a detailed framework for a group of high school girls to mentor a group of 10-13 year old girls. The program is structured as a 12-14 week program, with each week focusing on a particular area; for example, getting to know each other, respect, peer pressure, bullying, and more.

With an overall emphasis on positive role modeling and an objective of increasing self-confidence, the toolkit is integrated and rich in information. The manual, workbook and guide are clear, using a step-by-step structure while allowing for individual creativity. The Training Manual provides the core material for the (required) adult facilitator of the Heart-to-Heart program to deliver a two-day training program for the mentors. The Mentor's Workbook is used by the high school mentors during their two-day training program. The Mentor's Guide is used by the mentors during the 12-14 week program and provides a synopsis of each week's topic, required planning, activity ideas and a follow up component.

With a committed, capable adult facilitator for the program, the Heart-to-Heart toolkit provides an excellent structure for delivering a successful girls' youth to youth mentoring program. While these manuals provide great content and top-level tips and ideas for mentoring girls, the adult facilitator will be the key to success. That person has to recruit and choose good high school mentors, find a budget, organize and lead the two-day training workshop and then oversee the 12-14 week process. The person needs to be committed and have the skills and time to do all this. It is where I see the risk in this program. That is, how do you get someone to do all this without infrastructure? The typical high school teacher with their often already overloaded work schedule is pretty unlikely to take all this on unless it is somehow part of her/his role.

The authors offer a two-day training to accomplish the above commitment to excellence. Send an email with name and phone number to jenny @ heart-to-heart-mentoring.com to find out their latest schedule of offerings.

Discounts are available on bulk orders and the authors have made the books available at a discount to Peer Resources Network members (see below).

This book review was written by Patricia (Trish) Barbato, a Peer Resources Network member and Founder and President of Inspire Your Career. Trish received these manuals at no cost in exchange for providing a review. This review originally appeared in the *Peer Bulletin* 186 (March 2, 2010).

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