



Thrive: Empowering Young Women with Disabilities

What is Thrive?

Thrive is a mentoring program for young women with disabilities. Through both group and one-to-one match relationships, each mentee participant will have the opportunity to develop the skills of self-empowerment and to promote personal achievement and self-identity within a community of other women with disabilities. Thrive mentee participants will be mentored by leaders in the community. Thrive activities include quarterly community groups as well as a two day overnight retreat in June.

Who are Thrive Mentees?

Any young woman with a disability between the ages of 14 and 23 is encouraged to participate in this program. Thrive mentees can best be described as young women who are enthusiastic about making progress towards their life-goals, and are interested in being part of a state wide network of empowered women with disabilities.

Who are the Mentors?

Thrive mentors are strong women with disabilities who are committed to helping mentees grow and feel empowered. Mentors are able to share their life experiences and be a source of support for mentees. All mentors go through a review process that includes an application and an interview, as well as a required criminal background check.

Is everyone matched one-to-one?

We are committed to creating a strong community of women that everyone involved can connect with. If within that community we find a one-to-one mentor that will truly be beneficial to you, we can help you foster that relationship. Even if you are not directly matched, you will still get the true Thrive experience. By attending the overnight retreat and/or attending community groups, you are part of an amazing community full of strong mentors to learn from.

If we find the right mentor for you, your mentorship relationship will begin at the retreat **June 26th – 27th at Bridgewater State University** or as soon as you have been matched! If matched, each mentor and mentee are expected to monthly.

What is the overnight retreat?

Thrive participants have the opportunity take part in a two-day overnight retreat. At the retreat you will have the opportunity to hear from a dynamic group of women with disabilities as well as build relationships with others in the program. There will also be a community luncheon with the participants of the male mentorship program as well as Career Exploration volunteers. The retreat will take place **June 26th – 27th at Bridgewater State University**. Accommodations such as PCA and transportation needs for the overnight retreat will be provided as needed. Participation in the program is free.

Why Thrive?

Being part of Thrive means you are part of a growing community of women just like you! The Thrive community gives you the opportunity to connect with women who can help you grow and Thrive as an empowered woman!

2020 Thrive Mentee Application

Name _____

Address _____

City _____ State MA Zip _____

Phone Number _____

Email address _____

Date of Birth _____

Gender Identity _____

Disability _____

Current School/Transition Program _____

Grade or year in college: _____

Planned Graduation Date: _____

What form of transportation do you use to get around? (Paratransit i.e. The Ride, public transportation, self-drive, others drive you? Etc.) _____

Please describe any reasonable accommodations you may need (if applicable):

What is your preferred method of communication?

Phone

Email

Text messaging

Facebook Messenger

What are some of your life goals? List 2-3 goals. (You may want to consider career goals, independent living goals, and social goals)

1.

2.

3.

Thrive Mentee Commitment: (Mentees initial the statement below)

- Thrive mentees are expected to be respectful and open to new ideas and to other members of this network of women with disabilities. Mentor and mentee participants are all volunteers. We expect mentees to respect the time that everyone gives to ensure a beneficial mentoring relationship.
- Mentees and mentors who are matched are provided with opportunities to connect monthly from the first month they are matched till it's conclusion in June 2021 as individual schedules allow – each match pair may choose to meet up, call, email, or video chat on a regular basis to stay connected.

_____ I understand that if matched the program involves communicating with my mentor monthly until June 2021.

T-shirt size (one size only)

Small Medium Large X-Large XX-Large XXX-Large

Application Submission

For the 2020 retreat, you MUST submit your application by May 8th to Desi Forte:

Email: dforte@eastersealsma.org

Fax: 617-737-9875

Mailing: Thrive Mentoring Program

Easterseals Massachusetts

89 South Street

Boston, MA 02111

Any questions about Thrive or the application process, you can email Desi Forte, Thrive Program Coordinator at dforte@eastersealsma.org or call **617-226-2855**

- I certify that all of the information I provided on this application is true.
- I give Easterseals permission to share information on my application with staff, and collaborating agencies, working on Thrive.
- I give my permission for the applicant, if selected, to participate in Thrive 2020.

Signature of mentee Applicant _____ Date _____

Signature of Parent or Guardian _____ Date _____

Emergency Contact:

Name: _____

Relationship to applicant: _____

Cell Phone: _____ Other Phone: _____

**To be considered for the 2020 retreat,
please complete this application and return by
May 8th, 2020**