



## Thrive: Empowering Young Women with Disabilities

### What is Thrive?

Thrive is a mentoring program for women with disabilities. Through both group and one-to-one match relationships, each 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 activities include quarterly community groups as well as a two day overnight retreat in June.

### Who should be a Thrive Mentor?

Thrive mentors are women with disabilities are genuinely interested in helping young women with disabilities succeed in reaching their goals and who are enthusiastic about creating a community of other women with disabilities. Women who are resourceful, and will inspire mentees to advocate for themselves to improve their life outcomes will help ensure this program's success. Thrive aims to instill skills necessary for success as an adult in the areas of employment, education, self-confidence, and interpersonal relationships.

### Is everyone matched one-to-one?

No, we are committed to creating a strong community that everyone involved can connect with. If you would like to be matched, and within that community we find a mentee where a one-to-one match will truly be beneficial to them, we can help you foster that relationship. **If you would prefer to not be directly matched** or we do not find the right match, 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.

### What are the expectations for one-to-one Thrive Mentors?

If you are opened to being matched, and we find the right mentee for you, your mentoring relationship will begin at the retreat **June 26<sup>th</sup> – 27<sup>th</sup> at Bridgewater State University** or as soon as you have been matched! If matched, each mentor and mentee are expected to connect monthly for at least one calendar year.

### What is the overnight retreat?

Thrive participants 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 26<sup>th</sup> – 27<sup>th</sup> 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.

### I have attended the overnight retreat before, can I still participate?

With limited space for the overnight retreat, the opportunity will first be offered to those who have not attended in the past. If you would like to attend you are still **strongly encouraged to apply**. Available spaces will be offered to past participants. You are always welcome to participate in any community groups that happen throughout the year. Once a Thrive lady, always a Thrive lady!

## 2020 Thrive Mentor Application

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone Number \_\_\_\_\_

Email address \_\_\_\_\_

Date of Birth \_\_\_\_\_

Gender Identity \_\_\_\_\_

Disability \_\_\_\_\_

Do you currently attend school?  Yes  No

University/College \_\_\_\_\_

Major: \_\_\_\_\_

Do you work?  Yes  No

If yes, where? \_\_\_\_\_

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 are your preferred methods of communication?

Phone  Email  Text messaging  Facebook Messenger

Are you willing to submit to federal and state background checks?  Yes  no

Briefly explain why you want to participate in Thrive as a mentor:

In your opinion, what challenges / areas of life are most concerning for a young woman with a disability today?

**References (do not list relatives)**

| Name | Address | Occupation | Phone # |
|------|---------|------------|---------|
| 1.   |         |            |         |
| 2.   |         |            |         |

**Please select one:**

I am open to being matched one-to-one:

- I understand that if matched the mentor program involves communicating with my mentee monthly for one calendar year.
- I understand that I will be required to attend the June 26<sup>th</sup> to 27<sup>th</sup> overnight retreat in Bridgewater, MA.

At this time, I would prefer to not be matched one-to-one with a mentee, but would still like to attend the retreat.

**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 8<sup>th</sup>** to Desi Forte:

Email: [dforte@eastersealsma.org](mailto:dforte@eastersealsma.org)

Fax: 617-737-9875

Mailing: Thrive Mentoring Program  
Easterseals Boston Office  
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](mailto:dforte@eastersealsma.org) or call **617-226-2855**

I understand that Easterseals will thoroughly investigate my work and personal history and verify all data given on this application, on related papers, and in interviews, including reference checks. As a prospective MENTOR, I understand that a criminal record check will be conducted for conviction and pending criminal case information only and that it will not necessarily disqualify me. I authorize all individuals, schools, and forms named therein, except my current employer if so noted, to provide any information about me, and I release them from all liability for damage in providing this information.

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Signature of Mentor Applicant

Date

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