

Who should have a mentor?

Some of the most successful singers,
movie stars, scientists, and leaders you
know credit their achievements to a
mentor

"She was there for me always,
guiding me through the most
important years of my life"

Oprah Winfrey, about her mentor, Maya
Angelou

"He instilled confidence,
and made me believe that I
could accomplish what I set
out to accomplish"

Sally Ride, the first American woman
in space, about her life-long mentor

To learn more about how
you can get a mentor,
talk to your doctor, or
contact us :

Phone: 617-414-4841

Email:

bmctransitionmentors@gmail.com

Build a Meaningful Relationship



WHAT IS A PEER MENTOR?

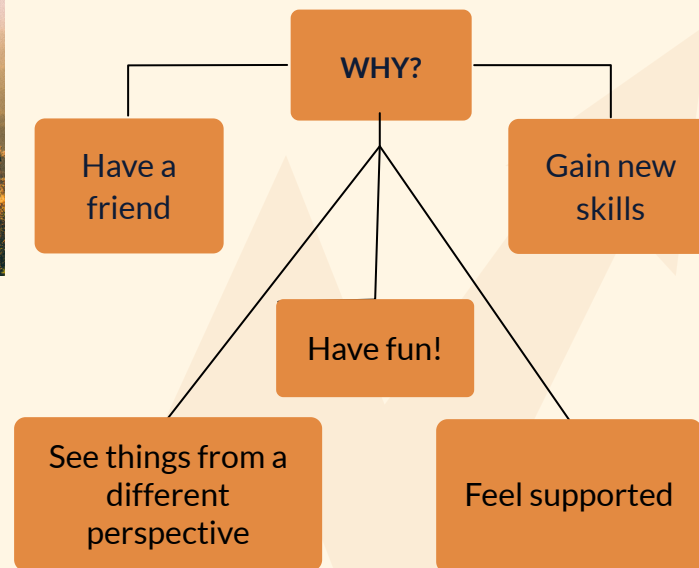
A peer mentor is a slightly older, more experienced friend who has "been there done that" and is ready to support and guide you as you plan for your future and transition into adulthood

Your peer mentor is there to support you and your goals as you transition into adulthood.

Transition topics you might be thinking about:

- Navigating a social life
- Talking to your doctor alone
- Managing your medications
- Understanding triggers
- Learning safety measures

WHAT'S THE POINT OF HAVING A MENTOR?



HOW CAN I GET A MENTOR?

As a patient at Boston Medical Center, you have the opportunity to join *Transition Together*, a program that connects teens and young adults with epilepsy with peer mentors.



MENTEE SELF-TEST

Would you benefit from a mentor?
Take this quiz to find out !

Would you like to get to know someone who has similar interests in you?



Yes



No

Do you feel encouraged when you talk about your experiences or feelings with someone who listens to you and doesn't judge?



Yes



No

Have you ever had important questions about life, but didn't know who to ask?



Yes



No

If you answered "yes" to any of these questions, you're on the path to transition!

DID YOU KNOW?

Teens like you are getting connected with peer mentors who support them through transition.

Talk to your doctor to learn more about how you can get a transition mentor!