GROVE

ABOUT MENTORING

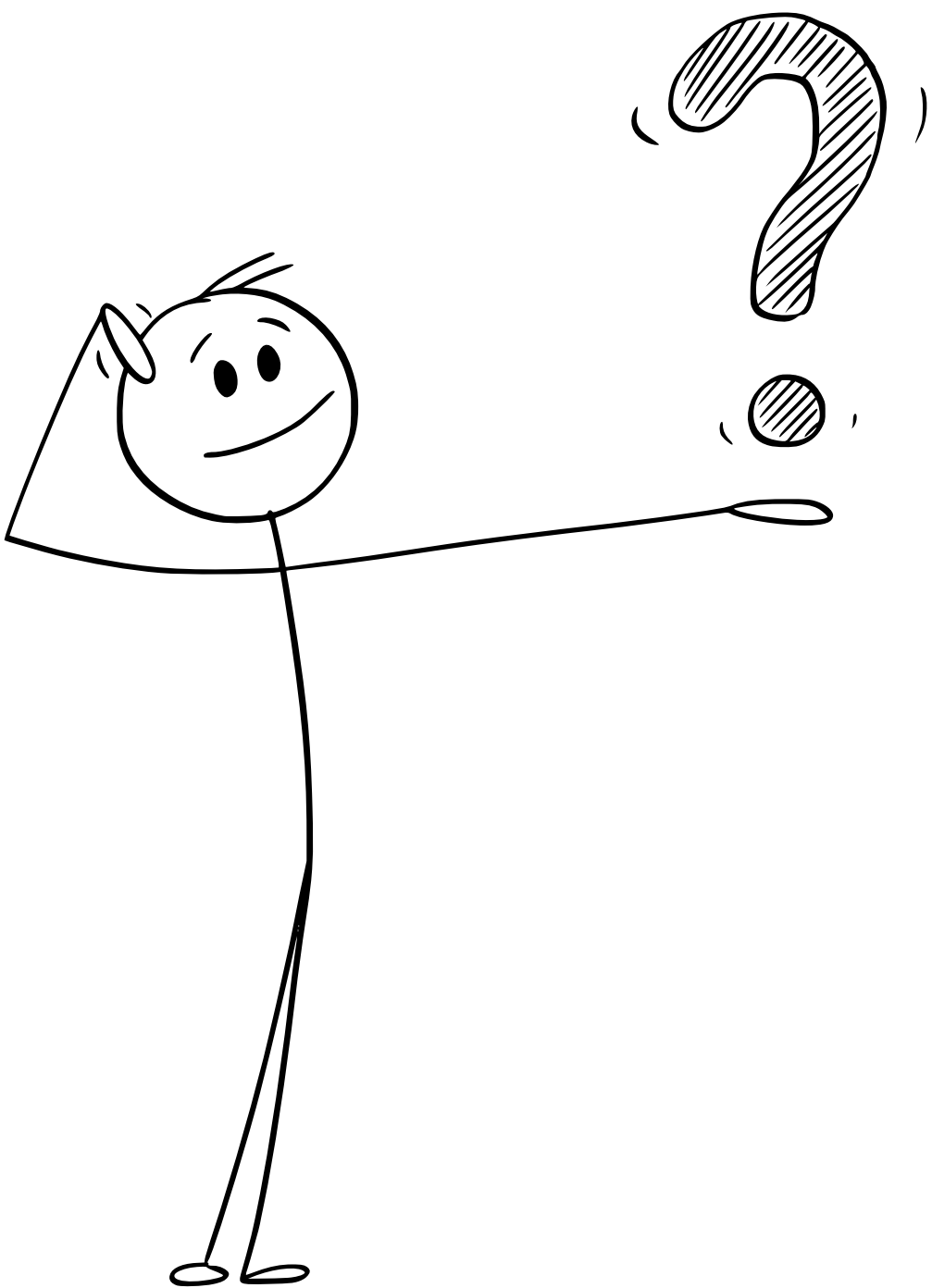
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GROVE Neurodivergent Mentoring & Education LTD
Company Number: 14550180, Registered in England & Wales
Registered Address: 86-90 Paul Street, London, England, EC2A 4NE.

Hello!

This booklet tells you a little bit about what mentoring with GROVE is like.

You can ask your adult to help you read it. They can ask us any questions, too.



What is a GROVE Mentor?

A GROVE Mentor is someone who will listen to you, get to know you and support you.

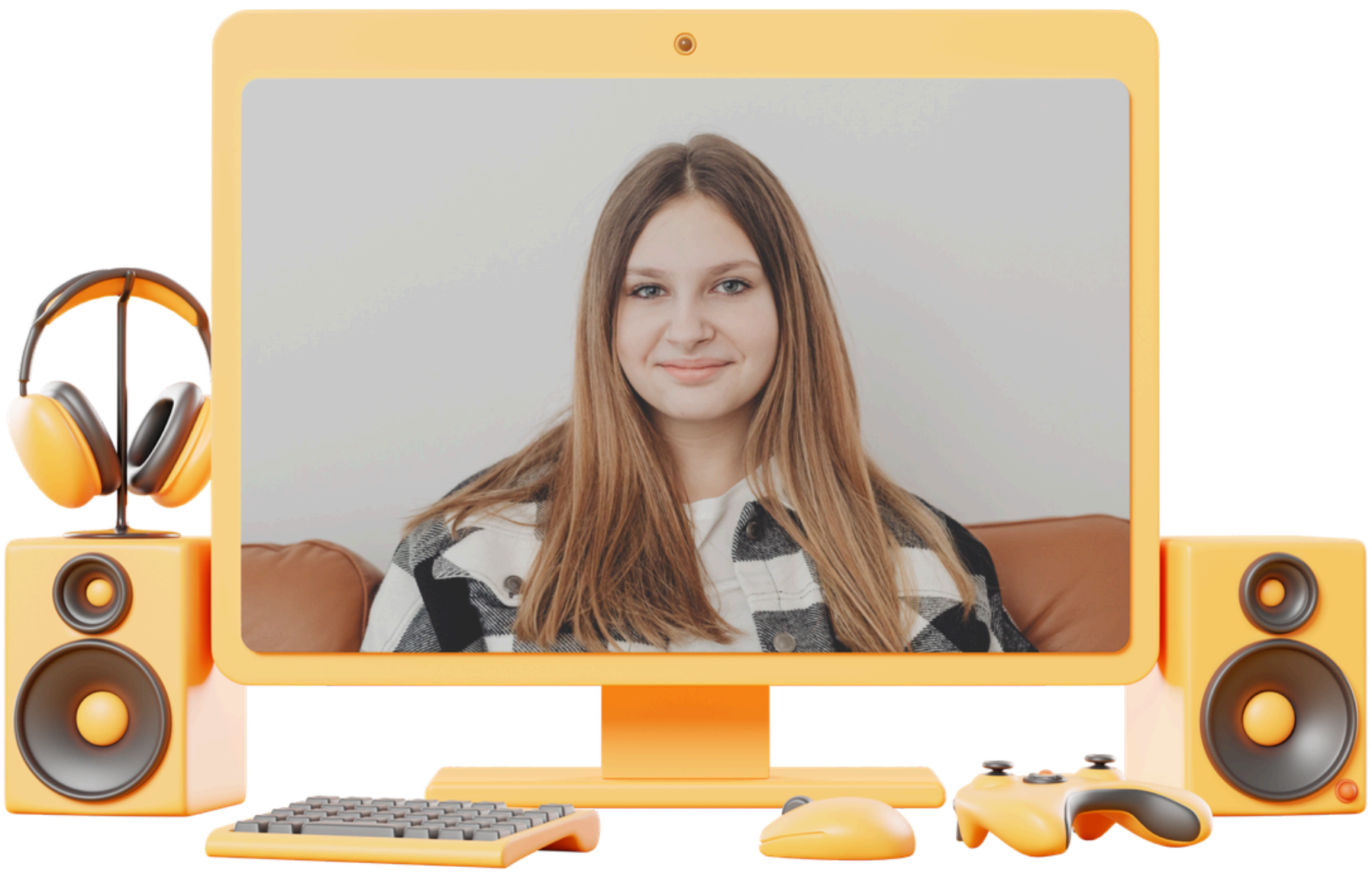
All GROVE Mentors are Autistic adults. Some Mentors are also ADHDers, or PDAers or experience other neurodivergences.

Your Mentor is not there to change you or make you be a certain way. They do not have a list of things you or they need to achieve.

Their job is to get to know you, respect you and spend time with you in ways that work for you.

You might enjoy sharing things with your Mentor, talking about things that matter to you, or just spending time together.

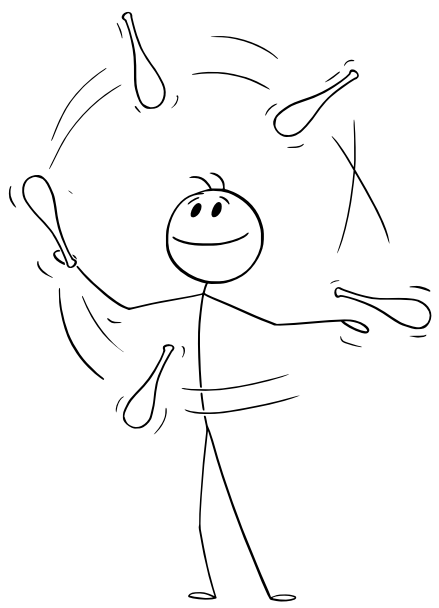
Trust takes time. You don't have to feel comfortable straight away.



Things you can do with your Mentor:



Mentoring can be lots of different things! You might:



- Talk about things that are important to you
- Show your Mentor your interests
- Play games
- Make things or be creative
- Share your collections, toys, pets or favourite things
- Just spend time getting to know each other

You can communicate in whatever way works best for you. You might talk, type, use chat, draw, use AAC, point or communicate in another way.

Your Mentor will get to know you and the things that work best for you.

Things your Mentor can't do:

Your Mentor cannot:

- Be your therapist or counsellor
- Tell you what choice you have to make
- Keep a secret if they're worried that you or someone else might not be safe

If your Mentor needs to tell someone something because they're worried about safety, they'll try to explain what they need to share and why.

Keeping things safe and comfortable:

During sessions you can:



- Move around
- Stim
- Have a drink or something to eat
- Take breaks
- Have your adult with you
- Have sensory supports with you - we love seeing all your fidgets!
- Have pets with you - we love meeting them!
- Communicate in whatever way works for you, including speaking, typing, pointing or having your adult speak for you
- Leave early if you need to
- Have your camera on or off

You don't have to sit still, keep talking or do anything you're not comfortable with.