



BLUE RIDGE PREGNANCY CENTER

MENTORSHIP GUIDELINES



MENTORSHIP OPPORTUNITY

Thank you for your interest in serving as a mentor at the Blue Ridge Pregnancy Center (BRPC) through our Pregnancy Foundations (PF) classes. Our work would not be possible without the dedication of our volunteers and the generosity of our donors. Your time, skills, prayers, and resources make a meaningful impact, and we are truly grateful for your support.

Our PF classes, held at our Life Center, are open to patients and the surrounding community. While we prioritize those who come through our Medical Clinic, our doors remain open to anyone in need of Pregnancy support. Many of the individuals we serve are facing unplanned pregnancies and may be struggling with difficult decisions, many who are contemplating abortion. We believe the best way to support these mothers and fathers is by surrounding them with love, guidance, and practical help.

Each person who walks through our doors has unique needs, and we welcome them all with open hearts. As a mentor, your role is to build meaningful, prayerful relationships - free of judgment - so that these families feel seen, supported, and loved in a way that honors the Lord. Our ultimate hope is that they feel drawn to the Lord and/or to a closer relationship with Him because of the love demonstrated by His people.

Becoming a mentor is both a rewarding and serious commitment. Your encouragement and wisdom can positively impact lives, but it requires dedication. We ask that you carefully consider this role and ensure you are ready to commit. Please review the details below to determine if this opportunity is the right fit for you and your group.



MENTOR GOALS & TIME COMMITMENT

GOALS FOR BRPC MENTORS

- Partner with BRPC to support families throughout their pregnancy journeys.
- Foster connections between BRPC and the Christian community.
- Maintain and nurture relationships with clients even after their time at the BRPC.
- Demonstrate the love of Christ through both actions and words.



TIME COMMITMENT REQUIRED:

Our PF classes span a duration of five weeks for each session. We encourage mentors to attend every class, as your regular participation is important. The initial four weeks take place in the Life Center, culminating in Week 5 with a Baby Shower organized by the mentors.*

Currently, we are offering classes on Monday & Tuesday evenings from 5:30 pm - 7:30 pm and on Thursday mornings from 9:30 am - 11:30 am.

**If you do not have the facilities to host a Baby Shower and/or may need help with the Baby Shower gifts, please do not let that be a deterrent. We keep a backup of baby supplies for this very reason and have the Life Center to use for the Baby Showers when necessary.*

CLASS TIMES

Mon Evening Classes:

5:30 - 7:30pm

Tues Evening Classes:

5:30 - 7:30pm

Thurs Morning Classes:

9:30 - 11:30am

MENTOR RESPONSIBILITIES

RESPONSIBILITIES OF MENTORS/TEAM:

Mentors play a vital role in supporting and encouraging the moms and dads we serve. Your time and commitment can make a lasting impact on their journey. Below are the key responsibilities of our mentors and team members:

- **Complete a volunteer application** and agree to BRPC's mission, statement of faith, policies, and confidentiality guidelines.
- **Meet with the Life Center Director or Coordinator** before classes begin to go over expectations and address any questions or concerns.
- **Commit to attending all five weeks** of the class series.
- **Host a Baby Shower** for the moms (and their partners) in the class.*
- **Provide food, snacks, and drinks** for each session. (Since we're serving pregnant women, we encourage healthy options for both mom and baby – and don't forget, dads appreciate good food too!)
- **Help with setup and cleanup** before and after each class.
- **Engage with clients and actively build relationships** both during and outside of PF classes. (This is our top priority for mentors – ensuring our clients have a supportive community even after their time at BRPC is over.)

**If you're unable to host a Baby Shower or need assistance with gifts, please don't let that hold you back from mentoring. We have baby supplies available and can host showers at the Life Center.*

*Our number one goal for mentors is to engage with clients and **actively** build relationships with them.*



GUIDELINES FOR MENTORS

As a mentor, you play a crucial role in building trust and offering support to the moms and dads in our program. Here are some important guidelines to ensure a positive and effective experience for both you and the clients.

BEST PRACTICES:

- Arrive a few minutes early to help set up food, welcome participants, and create a warm, inviting atmosphere.
- Be fully present during class. Your engagement makes a difference, so give your full attention when in your mentorship role.
- Stay connected outside of class. We encourage mentors to check in with clients at least once a week via email, text, or phone (as permitted during registration). A simple message asking how they're doing, offering prayer, or reminding them of upcoming classes can be incredibly meaningful.
- Maintain confidentiality. If a client shares something concerning – such as issues related to abuse, housing, or other serious needs – please bring it directly to the Life Center Director or Coordinator. They will ensure it is handled appropriately with care and with the help of our Executive Director.

BOUNDARIES TO KEEP IN MIND:

- Refrain from giving rides to clients while serving as a mentor during the five-week session.
- Support, rather than contradict, instructors. Engaging in class discussions is welcome and encouraged, but mentors should reinforce the lessons being taught rather than offering conflicting guidance.

- Keep client information private. Do not share personal details with pastors, organizations, or friends. If a situation arises that requires outside support, the Executive Director will determine the best course of action.

THANK YOU!

Thank you for your dedication and commitment to these families. Your role as a mentor has a lasting impact, and we deeply appreciate your heart for this ministry!



BABY SHOWER PLANNING TIPS

The baby shower is a beautiful way to celebrate and support the moms and dads in our program, and to wrap up the five weeks you've spent getting to know one another.

GATHER SUPPORT & SHARE THE LOAD

- Don't do it alone! Reach out to other church members, friends, family, life groups, and other BRPC supporters to help with planning, decorating, and providing gifts. (Mentors are not expected to buy the gifts. Please share the registry early and often!)*
- Consider delegating tasks—someone can handle refreshments, another person decor, and another the gift registry.

MAKE THE REGISTRY WORK FOR YOU

- Share the baby shower registry early! Post it on social media, share it with your congregation and/or life group, or send it to friends and family who may want to contribute.
- Consider also adding wrapping paper, decorations, and small gift bags to the registry

PLAN EARLY & COMMUNICATE EARLY

- Set a date, time, and location as soon as possible so that moms and dads have time to prepare. Since multiple moms are being celebrated, if possible, try to coordinate with them on a schedule that works best for the majority of the class
- Clearly communicate how many guests each mom and dad can invite to keep things organized and manageable.

USE YOUR RESOURCES

- The Baby Shower Guide & Checklist will help you stay organized and ensure nothing is forgotten.
- A Life Center staff member will assist with setting up the baby shower registry and offer additional support as needed.

MOST IMPORTANTLY...

Remember that this is a time of joy and encouragement for these moms (and dads). Your effort, no matter how simple or grand, will make them feel loved and supported on their journey into parenthood. Thank you for being part of this beautiful celebration!

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ADDITIONAL INFORMATION

MALE & FEMALE MENTORS: THE GROWING NEED

When we first introduced mentors into our PF classes, our participants were moms, so we naturally started with female mentors. Over time, however, we've seen an important shift—more and more dads are attending classes with their wives or girlfriends. This change has created a growing need for both male and female mentors in every class.

We want to ensure that all of our clients—moms and dads alike—receive meaningful mentorship and support. While having married couples mentor together can be a wonderful dynamic, the most important thing is that we have both men and women serving as mentors in every class. Having male mentors available for dads creates a comfortable space for them to ask questions, share concerns, and receive encouragement tailored to their role as fathers.

If you're passionate about walking alongside moms or dads during this journey, we'd love to have you join us. Your presence can make a lasting impact, helping parents feel supported, encouraged, and equipped for the road ahead!

BRPC PROVIDES:

- The facility to host the classes
- The teachers
- Handmade “Welcome Baby” gift bag from BRPC full of gifts to be given at the Baby Showers
- Additional events to provide support and fellowship outside of PF
- Gifts chosen by clients from the Baby Shower Order Form if they were not purchased from the Baby Shower Registry
- Free diapers and wipes for baby's first year of life

Interested in volunteering at the Life Center?



Scan the QR code to apply or visit brpcfriends.org/volunteer.

WAYS TO SERVE

- Mentor a PF class
- Teach a class
- Mommy Mentorship
- Bi-lingual volunteers
- Host a baby shower item donation party with friends and family

