

PeerCorps Mentor Handbook



2018-2019

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IMPORTANT CONTACT INFORMATION**Repair the World Workshop**

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PROGRAM OVERVIEW

What is Repair the World?

Repair the World is a national, non-profit, Jewish organization that tackles issues of education justice and food justice through meaningful volunteer work. Repair works to inspire American Jews and their communities to give their time and effort to serve those in need. Repair mobilizes tens of thousands of individuals to volunteer for pressing local needs each year, and Repair equips communities and partners to do the same. These volunteers help transform neighborhoods, cities, and lives through meaningful service experiences rooted in Jewish values, learning, and history. We aim to make service a defining part of American Jewish life.

What is PeerCorps?

PeerCorps is a service program that enables teens and pre-teens of all backgrounds to build relationships with one another and engage in meaningful community-based volunteering.

Mission:

PeerCorps was established to create the leadership of our future committed to repairing our world. We accomplish this by engaging teens in meaningful volunteer experiences within their communities.

Vision:

Through leadership development, social justice learning, and community building, PeerCorps strengthens teens' identity and commitment to Tikkun Olam, repairing the world.

Values:

Tzedek (Justice) – Our humanity is bound up in the humanity of others

Elu V'elu – Learning alongside others and grappling with complexity

Tikkun Olam (Repair the World) – Taking action to create a better world

What is PeerCorps Pittsburgh?

The PeerCorps Program was started by RTW Detroit in 2013. PeerCorps Pittsburgh, launched in 2018(!), is an exciting opportunity to build upon the success of the Detroit program and create a model to be used in Repair's offices around the country. The program invites teens and their families to build deep relationships with one another and engage in community-based work in Pittsburgh. Over the course of the school year, Mentees (11 - 13 year-olds) work and learn alongside Mentors (16 - 18 year-olds) at designated service sites around Pittsburgh.

Mentor Program

Mentors (16-18 year olds) begin with an immersive orientation week at the end of August, and serve as Mentors through the end of the academic year. This is an opportunity for participants to develop mentorship skills, build self awareness and critical thinking, and to deepen their understanding of

justice through connecting Jewish values to learning about self and society. Throughout the school year, Mentors work and learn alongside b'nai mitzvah age students, "Mentees," at designated service sites around Pittsburgh. Mentors act as engaged role models to Mentees during service and lead reflections for the group following service activities. Mentors continue their learning and leadership development by creating and facilitating this learning as well as through a monthly Mentor-only workshop. Mentors receive a \$500 stipend upon completion of program!

Responsibilities:

- Mentor orientation: Aug. 17-22, 2018
- 2 volunteer events per month at designated site with Mentees
- Monthly (Mentor-only) Elu V'Elu Workshops
- Support Mentee recruitment
- Active and engaged role model alongside Mentees

Mentee & Keshet Programs

Mentees (11-13 year olds) and Keshet participants (14-15 year olds) volunteer alongside Mentors at a designated service site 2 times per month. Mentees and Keshet participants can register for the Fall Session (October through December) and/or the Spring Session (March through May). These participants pay a \$125 program fee to participate.

Expectations:

- 2 Service events per month (approx. 2 hours each)
- Reflection & learning around service
- Engaging with older teen Mentors
- Fall and Spring sessions
- Social Justice learning
- Living our Jewish values

MENTOR ORIENTATION SCHEDULE
August 17-22, 2018

- Goals for the week:**
1. *Experience and Exposure in Pittsburgh outside of normal comforts*
 2. *Looking at the Big Picture (who has power, when did they get it, how do they use it, why is it used that way, where is the power held, What does this use of power look like in day to day life)*
 3. *Identity/Understanding of self; where do I come from, how do I fit in, etc.*

Day	Theme	Schedule
Friday 8/17 Location(s): <ul style="list-style-type: none"> • RtW Workshop 	Orientation Identity/Self	8:30am Arrive <ul style="list-style-type: none"> • Breakfast @ Repair the World 9am <i>How Did We Get Here: Sacred Space, Opening, Introductions, Icebreakers</i> 10:30am <i>What is PeerCorps?! & Review schedule for the week</i> 11am <i>Who's in the room: Get to know each other activities</i> 12:30pm Lunch- brown bag 1:30pm <i>Identity/Understanding of Self (Good Peoples Group)</i> 4:30pm Break 4:45pm Day 1 Debrief 5pm Depart for the day
Saturday 8/18: Location(s): <ul style="list-style-type: none"> • RtW Workshop • East Liberty neighborhood 	Place Community	8:30am <i>Opening Sacred Space: Place & Community</i> 9:15am <i>Introduction to Repair the World Pittsburgh (Zack Block)</i> 9:45am Ice breaker 10am <i>Walking Tour of East Liberty: History, Gentrification</i> 11:30am Lunch- brown bag (<i>Friendship Park</i>) 1pm Break- explore East Liberty, meet back at Repair

		<p>2:30pm Living Talmud: Judaism & Community Service</p> <p>3:45pm Break</p> <p>4pm Connection between Judaism & Race</p> <p>5pm Day 2 Debrief</p> <p>5:15pm Cook dinner &/or prep for tomorrow</p> <p>6:30pm Group dinner</p> <p>8:30pm Depart for the day</p> <p>Reminders for tomorrow!</p> <ul style="list-style-type: none"> • Wear PeerCorps shirts tomorrow! • Bring a day bag for water bottle, lunch, etc • Hat/sunscreen if wanted • Comfortable shoes for walking around
<p>Sunday 8/19</p> <p>Location:</p> <ul style="list-style-type: none"> • RtW Workshop • The Waterfront Town Center • Point State Park 		<p>8:30am Opening Sacred Space</p> <p>9am Travel to Apples & Honey Festival</p> <p>9:30am Apples & Honey Festival</p> <ul style="list-style-type: none"> • Shifts: staff table, walk around Festival <p>12pm Travel to Point State Park</p> <p>12:30pm Lunch in Point State Park- brown bag</p> <ul style="list-style-type: none"> • Midway group check in <p>1:30pm The Mattress Factory</p> <p>3pm (TBD)</p> <p>4:30pm Travel back to Repair the World Workshop</p> <p>5pm Day 3 Debrief</p> <p>5:15pm Depart for the day</p> <p>Reminders for tomorrow!</p> <ul style="list-style-type: none"> • Wear close toed shoes, hat for gardening • Don't need to bring lunch tomorrow
<p>Monday 8/20</p> <p>Locations(s):</p>	Food Justice	<p>8:30am Opening Sacred Space</p> <p>9am Hunger Mapping</p>

<ul style="list-style-type: none"> ● RtW Workshop ● East End Cooperative Ministries ● Sheridan Avenue Orchard 		<p>10:30am Introduction to Food Insecurity (<i>East End Cooperative Ministries</i>)</p> <p>11:30am Lunch at EECM</p> <p>1pm Debrief morning</p> <p>1:30pm (TBD)</p> <p>2:30pm Introduction to food stamps (<i>Just Harvest</i>)</p> <p>3:30pm Walk to East End Farmers Market</p> <p>3:45pm East End Farmers Market</p> <p>5pm Snack & Day 4 Debrief</p> <p>5:30pm Volunteering: Gardening @ Sheridan Avenue Orchard</p> <ul style="list-style-type: none"> ● <i>Families invited to join!</i> <p>7:30pm Depart for the day</p>
<p>Tuesday 8/21</p> <p>Location(s):</p> <ul style="list-style-type: none"> ● RtW Workshop 	<p>Leadership</p> <p>Mentorship</p>	<p>8:30am Opening Sacred Space</p> <p>9am What is a Leader?</p> <p>10:30am Overview of volunteer sites & site placements</p> <p>11:45am Lunch</p> <p>1pm What is a Mentor? & PeerCorps Mentor Expectations</p> <p>2pm Break</p> <p>2:15pm Nonviolent Communication Activity</p> <p>3:15pm Monthly Mentor Learning planning</p> <p>4:15pm Planning/Scheduling Gesher Day</p> <p>5:15pm Ice cream at Millie's & Day 5 Debrief</p> <p>6:15pm Depart for the day</p> <p>Reminders for tomorrow!</p> <ul style="list-style-type: none"> ● Wear PeerCorps shirt ● Remind parents about dinner ● Don't need to bring lunch
<p>Wednesday 8/22</p> <p>Location(s):</p>	<p>Endings/ Beginnings</p>	<p>8:30am Opening Sacred Space</p> <p>9:30am Looking Back, Looking Forward: week in review &</p>

<ul style="list-style-type: none"> ● RtW Workshop ● Hill District by bus 	Goals/Intention Setting	<p>intentions for the year</p> <p>11am Load bus for Hill District tour</p> <p>11:30am-2:30pm Hill District Bus Tour</p> <ul style="list-style-type: none"> ● Lunch along the way <p>2:30pm Return to RtW Workshop & Day 6 Debrief</p> <p>3pm Plan dinner programming</p> <p>5:15pm Set up for dinner</p> <p>6:30pm Community dinner- <i>Location TBD</i></p> <ul style="list-style-type: none"> ● <i>Families and community members encouraged to attend!</i>
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SACRED SPACE

What is Sacred Space?!

Sacred space at Repair the World is intended to help us set our intentions for the day, reflect on why we chose to do this work, and motivate us to keep going when the going gets tough! ...IT DOES **NOT** HAVE TO BE AN ACTIVITY!!

Check out some examples below for inspiration in leading and/or creating your own sacred space during orientation and throughout the year:

EXAMPLE 1:

Inspiration Boards
<p><u>Supplies</u></p> <ul style="list-style-type: none"> ● <i>poster board or paper</i> ● <i>old magazines</i> ● <i>glue</i> ● <i>scissors</i> ● <i>markers</i> <p><u>Time:</u> as short or long as you make it!</p> <p><u>Instructions</u></p> <p>Everyone is to create an inspiration board. Use markers and pictures or words from the magazines to create your boards. Fill it with things that you love, that inspire you, that remind you why you're here. Be creative and make it your own. Have fun!</p>

EXAMPLE 2:

Strengths I didn't know I had...
<p><u>Supplies</u></p> <ul style="list-style-type: none"> ● <i>some color items to randomly divide the group in pairs of two- such as yellow, red, blue, green and purple taffy</i> ● <i>A flashcard for everyone participating</i> ● <i>Pens or Pencils</i> <p><u>Time:</u> 27mins</p>

Instructions

1. Give 1 flashcard and color coded item(taffy) to each participant
2. Have everyone find the person with has their matching color and pair up
3. Once paired up, allow everyone 5 minutes to write the following on the front of their flashcard
4. Front of their flashcard: identify 3 personal strengths and identify 3 areas/ skills you want to improve.
5. At the end of 5 minutes, pause and have everyone turnover their flashcard
6. Give everyone another 5 mins to complete the back of their flashcard

Back of their flashcard: write 3 strengths that they've noticed in their partner

7. At the end of 5 minutes have each group share the strengths they identified about their partner with the whole group. Allow each partner to share if they agree with the identified strength why or why not.- 15 min
8. *Close with the activity's purpose - 2min*

***Purpose:** To show each other that sometimes we have strengths and skills that we may or may not notice but others do. By doing this activity you have been made aware of some strengths you have ignored or taken for granted; take the time in this fellowship to tap into them.

EXAMPLE 3:

Quotes: When the Going Gets Tough**Supplies**

- Cellphone/ Technology to search for quote
- poster/ construction paper
- Decorative paper, glue
- glitter, markers, color pencils , etc anything you like to use to make decorative and creative signs

Time: 30mins

Instructions

1. Allow everyone 5-10 min to search for a quote that inspires them to continue the work that they do or a quote that motivates them to keep going in any aspect of their lives when they want to give up.
2. Allow a minute each for everyone to go around and share the quote they selected.

3. use the time remaining to decorate their quote on poster/ construction paper

***Purpose**

To have a motivational quote to post at home to look at to keep your spirits up when the fellowship gets challenging.

EXAMPLE 4:

What's Going On?...

Pick out about 3-5 articles that have been in the news and directly relate to either our service projects or east liberty/the community. Divide the group into smaller groups of 2 or 3. Have each Chevrotah/group of three read the article. Ask them to discuss the article specifically, (1) How does the article affect/aid the clients our partners help?, (2) How does the issue of the article affect/help East liberty/the larger community?, (3) How can we use this information going forward?

Bring the larger group back together and ask them to share what they've learned in a larger group setting.

I would give yourself about 2-3 minutes to introduce the activity, about 10-15 in small group, and about 7-12 minutes for the large group to share. In total 19 to 30 minutes.

EXAMPLE 5:

Paper Telephone

Summary: Similar to the game of telephone, except with using pictures and phrases! See how distorted the flip books become as each person goes through it.

Step 1. Write down a goofy short phrase on the top of a piece of paper. Examples: "A dog chasing Zack Block" or "a gorilla juggling three little pigs".

Step 2. Pass the piece of paper to the person to your left.

Step 3. Read the caption and draw what you read below the caption. Make sure you save room! Then Fold over the caption leaving so you can see just the picture

Step 4. Pass paper to the left again

Step 5. Look at the picture and write a caption below it.

Continue until you run out of space. Ideally about three pictures and three captions or more.

When everyone is done, read the paper you have and watch Zack Block laugh so hard that he sprays coffee everywhere!!

EXAMPLE 6:

Who Am I? Post-it note game

Supplies Post-it notes and pens

Time 15-30min

Instructions Write a celebrity's or someone who the whole group knows name on a post-it note. Place the post-it on the person to your left's head. Everyone will have to guess "yes" or "no" questions to figure out who they are. First one who guesses wins!!

Purpose To have fun and relax before starting a long day!

EXAMPLE 7:

Character Strengths

Supplies Ask Fellows to bring computers. Handouts about character strengths.

Time 30 Minutes

Instructions Have Fellows register and take the Via Character Strengths Survey <http://www.viacharacter.org/survey/Account/Register>. This should take 10-15 minutes to complete. Afterwards, pass out handouts about character strengths and discuss what we everyone found interesting about their strength and how they can apply it to our work with Repair the World. There are many different handouts you can use on this website <http://www.viacharacter.org/www/Character-Strengths/VIA-Classification>.

Purpose To acknowledge our strengths and apply them to our works with Repair the World. To make everyone feel empowered!

ADDITIONAL RESOURCES

Included in following pages:

Leadership Tools

- **Repair the World Professionalism Guidelines:** Originally written for the Repair Fellows, this document contains a lot of great advice for working in a professional setting!

Facilitation Resources, Time Management, & Event Planning

- **12 Key Concepts of Facilitation:** Great tips for facilitating groups and leading discussion.

Additional Learning

- **Training Glossary:** Definitions for social justice terminology
- **Unpacking the Invisible Knapsack by Peggy McIntosh:** Foundational resource about white privilege
- **We Can Be:** Check out this podcast featuring prominent Pittsburgh leaders, showcasing the work of nonprofits and regional institutions.
- **Public Source:** Pittsburgh-based news source that focuses on social justice