

COMMUNITY OUTREACH



# GIRLS E- MENTORSHIP

**GEM**  
Girls E-Mentorship

# Welcome to GEM's Community Outreach Package!

This package is designed for schools and community organizations to share GEM's open applications with eligible students and families.

## What's included

GEM Flyer **03**

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Key Dates for Applications &  
Workshops For Youth **05**

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Appendix: Family FAQ **06**

## How to use this

- **Share** the application link/QR
- **Encourage** eligible girls (Grades 9-12) to apply
- **Invite** families to the Zoom info session on April 15
- **Host** SEL guided workshop sessions for your youth
- **Forward** the Family FAQ handout to families

**Thank you for connecting girls to limitless possibilities!**

# GEM

## Girls E-Mentorship



**GEM is a nine-month mentorship program from September to May for self-identified girls in high school across the GTA and Hamilton.**

Participants are personally matched with a professional woman mentor for one-to-one guidance, career exploration, and skill development.

### WHO CAN APPLY:

- Grade 9–12 students
- Self-identified girls

Girls experiencing barriers that limit access to academic and professional opportunities are highly encouraged to apply

### MORE INFORMATION:



[\(416\) 744-8137](tel:(416)744-8137)



[GIRLSEMENTORSHIP.COM](http://GIRLSEMENTORSHIP.COM)



[ERIKA@GIRLSEMENTORSHIP.COM](mailto:ERIKA@GIRLSEMENTORSHIP.COM)

### WE OFFER:

- ✓ 1:1 MENTORSHIP
- ✓ EXPERIENTIAL LEARNING
- ✓ SCHOLARSHIPS
- ✓ INTERNSHIPS
- ✓ NETWORKING
- ✓ HANDS-ON CURRICULUM
- ✓ ALUMNAE NETWORK

## WHAT WE DO

**GEM offers an evidence-based mentorship program for high school girls facing socioeconomic barriers to build their leadership and professional skills to achieve their academic and career potential.**

### **GEM Application Timeline**

- ✓ **STEP 1:** Applications open in late January and close in early May.
- ✓ **STEP 2:** Selected applicants will be asynchronous invited to complete a short virtual interview in the spring.
- ✓ **STEP 3:** Successful candidates will receive acceptance notifications in late June.
- ✓ **STEP 4:** The program officially kicks off with orientation in early September and ends in late May.



**APPLY NOW!**

*\*For detailed timelines and additional information, please visit the GEM website\**

### **Mandatory Program Requirements**

- ✓ Meet with their mentor monthly (9 meetings in total) to strengthen professional skills and accelerate personal and academic growth.
- ✓ **Attend 5 bi-monthly GEMinars** on Saturdays, filled with skill-building workshops, networking opportunities, and exposure to career pathways. These GEMinars are hybrid with transportation provided for in-person attendees.
- ✓ **Participants are expected to engage with the GEM community** and program staff, work through the GEM Toolkit, and complete mandatory surveys throughout the year.
- ✓ **Communicate weekly with their mentor** to track progress and receive guidance.



## January 31, 2026

- Applications are live and open



## May 4th, 2026

- Applications will close at 11:59PM



## June 2026

- Successful mentees will be invited to complete a Kira Interview



## July 2026

- Successful mentees for the 2026/27 cohort are chosen and notified via email



## September 2026

- GEM Program begins with orientation and GEMinar 1

**GEM Website**



**Application**



**GEM Promo Video**



**Join us for a GEM Application Information Session!**

**April 15, 2026, | 6-7PM**

<https://us02web.zoom.us/meeting/register/jp3Q7gS7SgKQIbpiFmUMKw>

GEM staff facilitate interactive, youth-friendly workshops grounded in our social-emotional learning (SEL) toolkits. Sessions are designed for the age group we serve and build practical, communication, confidence, and goal-setting skills. We lead guided discussions and hands-on activities that girls can apply right away.

## Interpersonal Skills

- Relationship Skills
- How to Resolve Conflict
- Setting Boundaries
- Active Listening
- Effective Communication
- How-to 101: Asking for Support

## Post-Secondary

- OUAC & OCAS Applications
- Women in Trades
- Picking the Right School
- Supplemental Applications
- Financing your Education

## Health & Wellness

- Self-care
- Confidence
- Stress Management
- Preventing Burnout
- Self-awareness
- Positive Mind, Positive Psychology

## Skill Development

- Financial Literacy
- Time Management
- Goal Setting
- Responsible Decision Making
- Workplace Skills
- Making Phone Calls
- Email Etiquette

## Career Preparation

- Resumes and Cover Letter
- Interview 101
- Creating a LinkedIn
- OOTD: Dressing for Success
- Portfolio
- Find the Right Career
- Taking a Headshot

## Social Awareness

- Practicing Empathy
- Recognizing Bias
- Expressing Gratitude

## Formats available:

- **Length:** 45-60 minutes
- **Virtual:** available on short notice
- **In-person:** book 2-3 weeks in advance

## Interested in hosting a workshop?

Contact **Erika Keys** - [erika@girlsementorship.com](mailto:erika@girlsementorship.com)

*Welcome! We know that choosing the right mentorship program for your child is important. Here are answers to some of the questions parents and guardians often ask about Girls E-Mentorship (GEM).*

## What is GEM program and who is it for?

GEM is a nine-month mentorship program for girls in Grades 9–12, pairing each mentee with a trained mentor to build leadership, confidence, and career-ready skills through mentorship, enrichment opportunities, and access to scholarships and internships.

## How does GEM ensure safety and quality mentorship?

Your child's safety and well-being are our top priority. GEM maintains strict safety standards to create a safe and supportive environment for all mentees:

- **Screening:** Mentor interviews, 5+ years experience, Vulnerable Sector Checks
- **Training:** Youth safety, communication, and mentorship boundaries
- **Supervision:** GEM staff on-site for all in-person events (staff also complete Criminal Background Checks)

## Is there a cost to participate?

The GEM program is **free**. To ensure every mentee can fully take part, GEM provides transportation assistance:

- Busing is available for all mandatory program events.
- For non-mandatory events, GEM supports transportation through transit cards or travel honorariums, so transportation is never a barrier to engagement.

## Will GEM interfere with my child's school schedule?

**No** — GEM was intentionally designed with educators, social workers, and youth to be flexible and supportive of students' school commitments. The program is structured to complement their academic schedule, not compete with it.

While GEM does require dedication to personal growth and development, the mandatory components are manageable throughout the school year:

- **Monthly mentor calls:** 1 hour x 9 = 9 hours in total
- **Attendance at GEMinars:** 5 total, held on Saturdays (a mix of virtual and in-person sessions).
- **Completion of 4 GEM Toolkit assignments** each grounded in Social and Emotional Learning principles
- Completion of mandatory program surveys

GEM also offers optional enrichment opportunities, including workplace tours, workshops, and scholarships, allowing mentees to choose what's most relevant to them.

## How can my child apply?

Applications open in late January and close in early May at [girlsementorship.com/join](http://girlsementorship.com/join). GEM is open to self-identified girls in Grades 9–12. Shortlisted applicants complete a short virtual interview in the spring, with decisions shared in late June. The program runs from September to May.

## Program Overview:

- **1:1 Mentorship:** matched mentor support across the 9-month program
- **GEMinars (Workshops):** interactive sessions hosted with partners
- **Skill-Building:** practical career-readiness + life skills toolkits
- **Networking & Community:** access to professional women support
- **Scholarships & Opportunities:** access to scholarships and enrichment opportunities
- **Ongoing Support:** guidance and encouragement through key school + life decisions

## Program Structure (September–May | 9 months):

- **Weekly check-in:** mentees connect with mentors once per week (text/email/)
- **Monthly mentor meeting:** 1 meeting/month (virtual or in-person) focused on goals + next steps
- **Mandatory GEMinars (bi-monthly, on Saturdays):** Hybrid format

## Mentorship Avenues:

GEM offers **two** types of mentorships.

### General Mentorship

*(best for exploring)*

- Career exploration + discovering options
- Core skill-building (confidence, communication, goal-setting, leadership)
- Broader network across industries

### Career-Specific Mentorship

*(best for a strong interest in one field)*

- Mentor aligned to field of interest
- Industry insights + targeted skill-building
- Relevant connections + guidance for school choices/next steps



# THANK YOU



## ANY QUESTIONS?

For more information regarding this opportunity, please email Erika Keys: [erika@girlsementorship.com](mailto:erika@girlsementorship.com)

 [GirlsEmentorship](#)

 [Girls E-Mentorship \(GEM\)](#)

 <https://girlsementorship.com/>

