



2022-23

ANNUAL REPORT

confidence, character, & connections

We all know the benefits mentoring has on youth. **Students with mentors are:**

- ◆ 81% more likely to participate in sports and extracurricular activities
- ◆ 55% more likely to enroll in college than peers who don't have that support
- ◆ 46% less likely to use drugs
- ◆ Less likely to skip school
- ◆ More likely to have better grades and better relationships with their parents

BUT — do we realize the great benefits our mentors receive? **College students who mentor:**

- ◆ Have a sense of fulfillment
- ◆ Build motivational skills
- ◆ Are valued by future employers
- ◆ Develop leadership skills

We often forget that Project Friendship's amazing mentors (enrolled in **Carleton College** and **St. Olaf College**) are often living away from home for the first time and are juggling the stresses of their studies, friendships, and future plans.

Project Friendship is proud to provide support for our mentors, just as we do for our mentees! Check out what our mentors have to say about Project Friendship, and read about what we achieved together this past year!



Luciana did some dancing at a Cinco de Mayo festival last year, & I hung out with her mom, brother, & sister. When she was done dancing, she introduced me to her friends by saying, "This is Julia; this is my bestie." It made me feel so special, like I was one of her people! She really did see me as someone in her life she enjoyed spending time with.

~ Julia



What's my favorite memory with my mentee?

We were playing catch for the first time (before he knew he liked baseball) & he threw the ball & it hurt my hand. He thought that was pretty cool! That was the first time I saw that he was really growing up ... he wasn't the little kid I had originally met.

~ Caleb





Did you know?
 During the new mentor interviews, when asked **why they want to mentor**, most mentors said: "I'm on a campus with all 18-21 year olds, and **I miss my younger siblings.**" Project Friendship doesn't just focus on helping our mentees, but our mentors as well!



Spotlight on OUR INCREDIBLE MENTORS

Did you know that every college student who wants to mentor with us goes through a rigorous vetting process? If a student at Carleton College or St. Olaf College wants to mentor with Project Friendship, they first have to fill out a lengthy application. Once that application is submitted, they complete a one-on-one interview, a background check, and a two-hour new mentor training ... all before being matched with their little buddy.

Once we have the perfect match for them, we hold a **New Match Meet Up** — where the mentor, mentee, mentee's parents, and Project Friendship staff all come together to meet for the first time.

The mentor and mentee get to know each other a bit, while the mentee's parents go through an orientation and are able to ask any questions they might have. After the Meet Up, the mentee and mentor decide when they will meet next, and they start their new relationship together.

Active mentors are required to participate in **three additional trainings each academic year.**

Training topics include Mentor Mindfulness, Goal Setting, Activity Planning, Mentee Safety, and Diversity Training, among many others.

At Project Friendship, we have the most caring and well trained mentors! We spend a significant amount of time intentionally matching each child with a mentor. We are thoughtful in creating pairs that have many things in common. It is important to us that youth and mentors alike enjoy their time together, and that both come out better people for having known each other.

We asked our mentors to share their thoughts about mentoring with us. Here's what a few had to say about their experience.

My relationship with Adela has taught me a lot about myself & how I approach things. My friends who don't mentor are always jealous of the stories I tell of what she & I did that week! PF & Adela's family have also allowed me to connect more with the Northfield community.
 ~ Kelly

It's so important that kids have older friends — I think back to friendships I had with older boys, & those relationships were so important to me. It's really just about hanging out & being the mentee's friend!
 ~ John

Sometimes in college you get really busy, but that hour I spend with my mentee is a good break from being in college mode all the time. Getting to engage with a child in the community is so worth it! It's not taking away from your work — it helps you get back into it!
 ~ Sarah

We are the perfect match, & I love her family so much! It's been so fun watching her grow up from 5th to 8th grade — it's a huge growing period.
 ~ Julia

The Project Friendship Team

Staff

Holly Schoenbauer — Executive Director
 Melissa Koukkari — Program Coordinator
 Eileen Shimota — Mentor Training Coordinator

Board of Directors

Jean Noack — President | Bo Aylin — Treasurer
 Dave Antonneau | Jane Bartho | Marty Benson
 Suzanne Donkers | Jeff Eckhoff | Kacey Geiger
 Steve Hill | Brian McGonegal | Andrea Robinson

Student Board Members

Ariel Alexander, Carleton College — Board Secretary
 Alli Hering, St. Olaf College

Mentoring with Project Friendship was a highlight of my college career. It's a really cool way to give back & volunteer — you aren't only giving back but receiving as well! I can't imagine another place where I could have this longitudinal relationship & impact on someone else.

~ Ben



Thank you to **OUR COMMUNITY PARTNERS**

Our mentors and mentees receive freebies and special discounts when they spend time together in the community. In the past year, we have grown from 12 to 18 partners.

We are so appreciative of our Northfield neighbors for their generosity and support! Our 2022-23 partners:

- ◆ **The Blast:** Pairs receive a free kids cone or smoothie with any purchase
- ◆ **Cake Walk:** Pairs receive 20% off their purchases
- ◆ **Cannon Valley Cinema 10:** Pairs attend a movie for free
- ◆ **Cannon Valley Makers:** Pairs attend for free
- ◆ **Dundas Dome:** Pairs attend open dome days for free
- ◆ **Fairfield Inn & Suites:** Pairs enjoy free breakfast & swimming
- ◆ **Farmstead Bike Shop:** Pairs receive free bike rentals; tandem kayak rentals for the price of a single; & buy one, get one free on anything in the cafe
- ◆ **Flaherty's Northfield Lanes:** Pairs enjoy free bowling & shoe rental
- ◆ **Games and Geek:** Pairs receive 20% off their purchases
- ◆ **The GOAT:** Pairs receive free coloring posters
- ◆ **Goodbye Blue Monday:** Pairs buy a small hot chocolate, get one free
- ◆ **The Hideaway:** Pairs buy one, get one 50% off
- ◆ **James Gang Coffeehouse:** Pairs receive 30% off their purchases
- ◆ **Northfield Area YMCA:** Pairs enjoy free use of the facilities
- ◆ **Northfield Arts Guild:** Pairs enjoy open art events for free
- ◆ **Northfield Yarn:** Pairs receive free embroidery floss for friendship bracelets, & discounts on learn-to-knit & crochet items
- ◆ **Northside Boards:** Pairs buy one pair of shoes, get one pair 50% off; & receive 15% off all apparel
- ◆ **Tin Tea:** Pairs buy one, get one 50% off

We love growing our list of community partners to benefit our mentors and mentees! **Have an idea about how YOU could help make a difference?**

E-mail Holly@ProjectFriendshipMentoring.org today!

'22-'23 financial snapshot

Revenue

Individual Gifts	\$53,412
Foundations / Grants	\$47,994
Investments	\$1,097
Carleton College Garage Sale	\$9,349

Total revenue \$111,852

Expenses

Programs	\$16,350
General / Administration	\$74,848

Total expenses \$91,198

For details, reference our EIN# 41-1565496

MAKE A GIFT TODAY!

Project Friendship's mission is to support mentoring relationships between Northfield area youth and college students that **ignite the power and promise of youth**. Our vision is that we are a community in which every youth experiences relationships that **allow each and every youth to develop into their full potential**: to improve confidence, enrich connections, and develop character.

We know that kids do better when they're supported by adults, and our community benefits when our kids are supported. Can you help us provide mentors for all youth? **Gifts of all sizes are welcome and gratefully accepted!**

Checks can be mailed to:

Project Friendship
1651 Jefferson Parkway
Northfield, MN 55057

Or you can donate online at:

ProjectFriendshipMentoring.org/donate



1651 Jefferson Parkway
Northfield, MN 55057
Project Friendship Mentoring.org
(507) 301-7705



2022-23
PROJECT FRIENDSHIP'S
SUCCESSSES
at a glance



number of **YOUTH MENTEES** by grade

33 in grades K-3	77 in grades 4-5	128 in grades 6-8	30 in grades 9-12
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20  **MENTORS WAITING**
to be matched with kids

268 TOTAL MATCHES throughout the year
up from **218** the previous year
... our **9th** consecutive year of growth!



OUR MATCHES MET IN PERSON
for mentoring for a grand total of

4,642 HOURS
... that's an *increase of over 1,000 hours* from last year!

18 We're proud to have
LOCAL COMMUNITY PARTNERS
(that's **50% MORE** than last year!)

take a peek inside to meet all of our partners!