
F.R.E.E INCORPORATED

FOCUSING on RESPECT, EXCELLENCE and EMPOWERMENT

Mission Statement

Empowering youth through positive relationships while promoting excellence in mind, body and spirit.

Vision Statement

BWOE - F.R.E.E is committed to assisting middle school aged young ladies advance into womanhood with self confidence and a positive outlook on life.

About BWOE - F.R.E.E

BWOE - F.R.E.E (F.R.E.E) stands for Focusing on Respect, Excellence and Empowerment. F.R.E.E was founded on May 1, 2005 in Orlando, Florida by the Central Florida Chapter of Black Women of Essence, Inc (BWOE*).

BWOE - F.R.E.E is a nine (9) month, bi-weekly mentor program designed to: assist young ladies in developing respect for themselves and others; promote excellence in mind, body and spirit; and empower youth through positive relationships. This program will also address issues facing middle school girls such as: self-esteem, social interaction and making conscientious life decisions through positive group and one-to-one mentoring sessions.

During the first six (6) months of the program, we will have group mentoring sessions only. After the initial six (6) month period, mentees wishing to have a personal mentor (and with parental consent) will be matched one-to-one with a mentor. At this time, one-to-one sessions will include activities that mentors and mentees decide together. Mentors and mentees will develop and focus on shared goals for their mentorship.

At the end of each nine (9) month session we will have recognition ceremonies highlighting all mentees' accomplishments and achievements during the program. Participants who are graduating from our program (9th graders) will have a formal ceremony, in which one participant will be selected for an academic scholarship.

Board Members

Executive Director
Renée G. Ellis

Treasurer
Melissa Bryant

Youth Coordinator
Danielle Brown

Program Coordinator
LaLisa Harris

Funding Coordinator
Barbara A. Lott

Volunteer Coordinator
Tanica Grace

Purpose

The purpose of this program is to empower middle school young ladies in grades 6-8 through positive relationships while promoting excellence in mind (self esteem and self worth), body (image and nutrition) and spirit (our purpose in life).

Program activities include group discussions, empowerment workshops, creative writing, crafts and guest speakers from our community, in addition to, one-to-one mentoring relationships. Mentees will learn to value the above mentioned objectives along with education, community involvement and respect for themselves and others.

The program will also include tutoring, career exploration, community projects, life and academic skills development. We will have group outings, seminars, workshops, recreational activities, and partake in cultural events. Mentees will also work on academic goals, standardized test preparation (FCAT, SAT, ACT), study skills, time management and college resources.

Program Participation

To participate in the program, mentees should be middle school aged young ladies in grades 6-8. They must attend an orientation session along with their parent/guardian and submit a complete application packet.

To participate in the program, mentors must:

- Be at least 19 years old
- Be drug free
- Attend an orientation session
- Complete a volunteer application
- Consent to a background check (criminal and sex offender)
- Consent to a DMV check
- Have a personal interview with the executive board of F.R.E.E. (non-BWOE members, must consent to the interview)

BWOE - F.R.E.E believes in the importance of parental involvement, as such, we require parents and/or guardians to attend an orientation session with their child and meet with executive board members quarterly to discuss any concerns. We also encourage parents to participate in any and all workshops, empowerment sessions and community service activities.

F.R.E.E, Inc. welcomes young ladies and volunteers regardless of racial background, spiritual beliefs or lifestyles as long as they understand and support the mission of BWOE - F.R.E.E

*BWOE is a Non-Profit 501(c) (3) women of color organization whose vision is to enhance the quality of life by providing resources, services, networking opportunities along with advocacy in the following areas: Children's Advocacy (mentoring, literacy and tutoring), HIV/AIDS awareness, Domestic Violence Prevention/Awareness and Breast Cancer Awareness.

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Mentor Program Application

P.O. BOX 471001 – Lake Monroe, Florida 32747

Please read this carefully before signing:

BWOE - F.R.E.E Mentoring Program appreciates you and your child's interest in becoming a mentee. This application is intended as a means of informing and gaining the consent of the parent/guardian to allow their daughter to participate in the BWOE - F.R.E.E Mentoring Program.

Please initial each of the following:

_____ I have read the information given to me regarding the BWOE - F.R.E.E Mentor Program and understand the mission and purpose of such program.

_____ I give my informed consent and permission for my child to participate in the BWOE - F.R.E.E Mentoring Program and its related activities.

_____ I agree to have my child follow all mentoring program guidelines and understand that any violation on my child's part may result in suspension and/or termination of the mentoring relationship.

_____ I will assist my child in attending all sessions in participating in the F.R.E.E Mentor Program.

_____ I will attend all parent events and I agree to communicate with the Executive Director (Renee G. Ellis) OR Program Coordinator (LaLisa Harris) regarding any concerns I may have about my child's participation in the Mentor Program.

_____ I understand that all activities and/or meetings between my child and the Mentor Program held outside of the James Smith Center shall be arranged by me, my child, and the Executive Director and/or Program Coordinator and I take full responsibility for such meetings.

_____ I release the BWOE - F.R.E.E Mentoring Program of all liability of injury, death, or other damages to me, my child, family, estate, heirs, or assigns that may result from his/her participation in the program, including but not limited to transportation, and hold harmless any BWOE - F.R.E.E mentor, program staff, or other representatives, both collectively and individually, of any injury, physical or emotional, other than where gross negligence has been determined.

_____ (optional) I agree to BWOE - F.R.E.E to use any photographic image of my child taken while participating in the mentoring program. These images may be used in promotions or other related marketing materials.

By signing below, I attest to the truthfulness of all information listed on this application and agree to all the above terms and conditions.

Parent/Guardian Signature

Date

Mentee Contract

Name: _____

Date: _____

By choosing to participate in the BWOE - BWOE - F.R.E.E Mentoring Program, I agree to:

- Follow all rules and guidelines as outlined by the program coordinator, mentee training, program policies, and this contract
- Have a positive attitude and be respectful of my mentor
- Be on time for scheduled mentoring sessions or call the youth coordinator at least 24 hours beforehand if I am unable to make a session
- Inform the executive director (Renée Ellis) of any difficulties or areas of concern that may arise
- Notify the program coordinator and/or youth coordinator if I have any changes in address or phone number

I agree to follow all the above stipulations of this program as well as any other conditions as instructed by the program coordinator at this time or in the future.

(Signature)

(Date)

Parent/Guardian Contract

Name: _____ Date: _____

By allowing my daughter to participate in the BWOE - BWOE - F.R.E.E Mentoring Program, I agree to:

- Allow my child to participate in the BWOE - BWOE - F.R.E.E Mentoring Program and to be matched with a BWOE - BWOE - F.R.E.E mentor
- Follow and encourage my child to follow all rules and guidelines as outlined by the program coordinator, mentee orientation, program policies, and this contract
- Support my child being on time for scheduled sessions or her call the youth coordinator at least 24 hours beforehand if unable to make a session
- Regularly and openly communicate with the program coordinator as requested
- Inform the program coordinator if I observe any difficulties or have areas of concern that may arise
- Notify the program coordinator if I have any changes in address or phone number

I agree to follow all the above stipulations of this program as well as any other conditions as instructed by the program coordinator at this time or in the future.

(Signature)

(Date)

MENTEE INFORMATION

Name:

Date of Birth:

School you attend:

Age:

Grade you are currently in:

Do you have any siblings? (if yes, how many)

What do you like to do for fun?

What is your favorite school subject?

Who is your favorite singer?

What is your favorite movie?

Who is your favorite Author?

What is your favorite book?

If you could learn about a job/career, what would it be?

What person do you most admire and why?

What do you hope to gain from the Mentor Program?

What activities would you like to do with the Mentor Program?

Would you like to assist with Community Service projects? (Ex. Walk-a-thon, bowl-a-thon, community clean up?)

**Parent/Guardian Information
(TO BE COMPLETED BY PARENT OR GUARDIAN)**

Parent/Guardian Name:

Relationship to Youth:

Mother _____ Father _____ Other, specify _____

Address:

Home Phone Number

Cell Phone Number:

Would you be willing to participate in some of the activities of the Mentor Program?

Is there any subject in school that your child needs assistance in?

Would you allow your child to participate in community service activities (ex. Walk-a-thon, bowl-a-thon, community clean up?) We would provide you with details and a permission slip at the time of the activity)

Would you allow your child to be photographed? (Please note these photographs will only be used to promote, publicize or explain the activities of the Mentor Program. These photos may be placed on the F.R.E.E website (www.freeinc.org).

Is there anything you would like to add about yourself or your child?