

**Wellspring Cape Ann Families Parent Mentor  
Volunteer Training  
Begins in mid-March**

*Do you have a few hours a week to spend with a parent in need of support? You could make a huge difference in the life of that parent and their children. Wellspring Cape Ann Families is now recruiting men and women who are interested in becoming a Parent Mentor to a mother or father who is looking for support. Volunteers spend a few hours a week with a parent who is stressed or isolated. Although the commitment is weekly, there is flexibility for vacations, holidays and family commitments. The free twelve-hour training begins in mid-March. Please contact us to learn more about the program and to discover if this is good fit for you. A former Parent Mentor said this about her experience: “It is remarkable how that little bit of time out of a week can help turn a life around.” For more information contact Cindy O’Donnell at 978-281-7856, ext. 2 or [codonnell@wellspringhouse.org](mailto:codonnell@wellspringhouse.org).*