

# You Can Make a Difference! Be an IBD Mentor.

If you have IBD, are 16 or older and enjoy working with boys or girls ages 10 to 17, you may qualify to be a mentor as part of a Mentoring Research Study.



For more information about the Mentoring Program

at Nationwide Children's Hospital, please call (614) 722-4744 or email AnnMarie.Morgan@NationwideChildrens.org



When your child needs a hospital, everything matters.™

# Crohn's and Colitis Connect Mentoring Program

You can . . . make a difference
help a child with IBD
learn more about IBD
meet other people like you . . . be a mentor

# The Crohn's and Colitis Connect Mentoring Program:

## Get matched with a mentee



- -Age 10-17 years
- -Get together 1-2 times per month, either in person and/or virtually (Zoom, Skype; 30-40 minutes)
- -Contact mentee weekly (text, short video chat or phone call)
- -For 1 year

In person or virtual group activities with other mentors & mentees

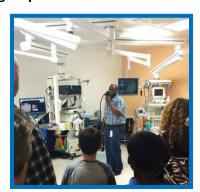
"A lot of people have gone further than they thought they could because someone else thought they could."

—Unknown

Some educational, some simply fun

**IBD Nutrition** 

Zoom 20 Questions



Behind the Scenes at the GI Center

Bowling

Ice Skating

Miniature Golf

Taking IBD to School

## Get involved:

- -Have IBD for at least 1 year & be managing it well (taking meds, going to GI appointments)
- -Live within 1 hour of Nationwide Children's Hospital
- -Complete application, interview, & orientation that have in person &/or virtual components
- -Provide 3 references
- -Pass background & driving record check

