

## **Training Prologue**

This portion of Outfar10 was developed while I was a Volunteer Coordinator for the County of Orange, Children and Youth Services. In this role I developed this training program for laypeople who were seeking to be a Mentor with a child in our therapeutic program. Their role included spending time with their child in the community two to four hours once a week. As such, the some of the articles reference the reader as a Mentor. Given this, I believe that the material is completely relevant to people in general. Exploring this with your children as well as anyone you are in a relationship with will be beneficial.