

## From Our Participants

### **CW - September, 2008**

*Regardless of what circumstances I've found myself in, I've always been able to count on (my mentor) as a friend. ...I wouldn't have thought this was possible in this environment and with two people of our backgrounds. I have truly been changed for the better through the "One to One" program.*

### **JN - September, 2008**

*Amicus has been a light of hope for me and others I know. The work that is done at Amicus shows me there are people who care.*

### **VV -August, 2008**

*For a guy like me who has done a lot of prison time, a One to One mentor is a very important relationship.*

### **JB -August, 2008**

*I know that (my mentor) has no hidden agenda. His only concern is my well-being and successful return back into society. It takes a special person to go out of his way to help a prisoner.*

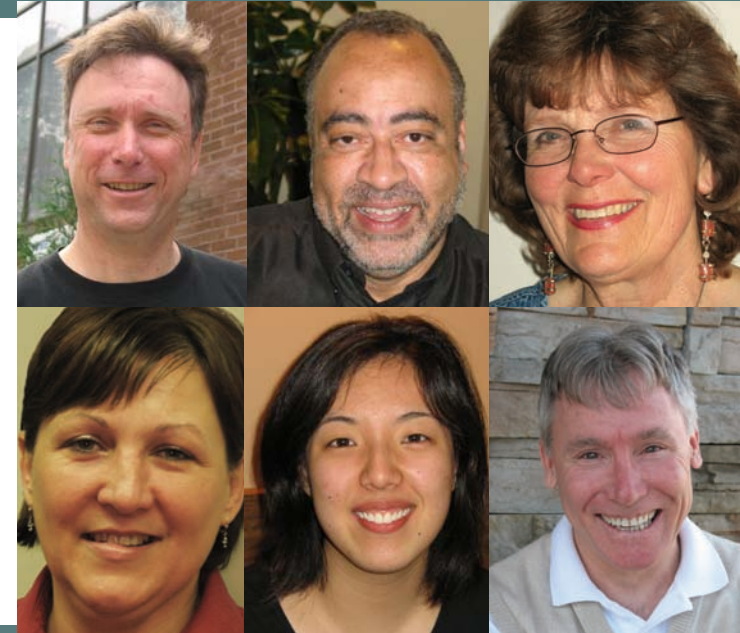


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Are You Ready to Be a Friend?

# The Amicus One to One Program



# Amicus One to One

## Changing lives for over 40 years

For over 40 years, Amicus has matched trained volunteers to individual offenders at four of Minnesota's metro area Correctional Facilities—Lino Lakes, Shakopee, Stillwater, and Oak Park Heights. Volunteers commit to visiting, writing, and forming a true friendship with their One to One match for a minimum of one year.

## Program Details

Volunteers and participants are matched by gender (i.e. men to men and women to women) and by whatever factors are important to both (religion, life experiences, interests, age, etc.)

Both the participant and the volunteer can say "no" to any proposed match.

The program is safe, relationship-based and meant to support, respect, and empower the whole person.

Volunteers should come to this opportunity with an open-heart and an open-mind.

The time commitment is minimal—generally between 3 and 4 hours per month.

## Benefits

Develop a meaningful, transformative friendship

Make a positive impact on the life of another—you may be the first person that your friend has ever been able to trust

Ongoing support and recognition from Amicus — Invitations to our annual volunteer appreciation events, continual access to staff regarding your questions/concerns, opportunity to connect and network with our many other volunteers

## Learn More About One to One

To learn more about the One to One Program or to sign up for a training, please contact:

Tracy Sitterley or Robyn Haugan:  
612-348-8570

**via email:**

tracy@amicususa.org  
robyn@amicususa.org

## Faces of Our Friends



**Arnold, a Volunteer and Former One to One Participant**

"To me Amicus was like a light at the end of a long dark tunnel."



**Christeena, One to One Participant**

"I knew it was important to find people who had not been where I'd been."



**Vin, a One to One Volunteer**

"It's not another project - it's a relationship"



**Don, an Amicus Volunteer**

"You have a better appreciation of what real friendship is... My Amicus relationship sets the standard to aspire to."