



## A MENTOR'S STORY

Many youth feel they don't matter and are unable to think positively about their futures. If you had a special person in your life who guided, nurtured and taught you that you mattered, you had a mentor.

"The past year, I have become an integral part of my mentee's life. We play laser tag, ball, visit a ton of tourist attractions, the library, watch baseball games, and so much more. These activities help build my mentee's self-esteem and give him the ability to escape his often chaotic environment at home and in his neighborhood.

The program's been rewarding in my life too, allowing me to reconnect with my inner child and exposing me to neighborhoods and cultures that provided me with unique experiences.

I can't recommend the program enough. Try it. You'll be surprised by the impact you can make in someone's life." – Kevin, Mentor

## MENTOR REQUIREMENTS

Mentors must:

- be at least 23 years old
- complete the 15+ hour training
- pass a fingerprint security screening
- spend 1-3 hours a week with youth over the course of a year



## MORE INFORMATION

For information about volunteering as a mentor, please contact:

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FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
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# NURTURE GUIDE SUPPORT

Reach & Rise™ Mentoring Program



**Reach & Rise is a national YMCA program designed to build a better future for youth by helping them reach their full potential through the support of caring adults.**

Reach & Rise supports youth ages 6 to 17 who lack role models and are in communities challenged by many socio-economic issues. As a mentor, you can provide a positive and consistent relationship with a young person, helping to improve your mentee's self-esteem, decision-making skills, school performance, and interpersonal relationships.



## **BUILD TOGETHER GROW TOGETHER**

Volunteer mentors are matched with a young person for one year to provide one-to-one mentoring services and create safe, healthy and meaningful relationships with youth. You and your mentee may participate in service projects or other engaging activities such as: sporting events, museums, or events at the Y.

As a mentor, you will gain personal satisfaction from making a difference in a young person's life. You'll also have the opportunity to connect with youth from different cultures and backgrounds. Together, you can share diverse experiences, develop a stronger sense of belonging, create lasting memories, and have fun!



## **INSPIRE A FUTURE BECOME A MENTOR**

By sharing your time and guidance, you can help your mentee express feelings, have a positive outlook for the future, become more confident, and improve in school. You'll learn how to be a positive role model and gain a better perspective of the pressures and challenges our youth face daily.

### **WHO ARE OUR MENTORS?**

The ideal Reach & Rise mentor is :

- a dependable and responsible adult who wants to share new interests and experiences with youth;
- a friend, counselor, role model, supporter and guide; and
- someone who can listen, respect different points of view, and empathize with a child's struggles.

