



A MENTOR'S STORY

Many youth feel they don't matter and are unable to think positively about their future. 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, etc. 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 outside of my comfort zone.

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 21 years old
- complete the 15+ hour training
- pass a fingerprint security screening
- have a clean driving record and valid auto liability insurance (if driving mentee)
- spend 1-3 hours a week with youth over the course of a year



Contact

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FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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 poverty, crime and single-parent households, among other social 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.

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 back-grounds. Together, you can share diverse experiences, develop a stronger sense of belonging within your community and create lasting memories and fun times!

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 at school. You'll learn how to be a positive role model and gain a better perspective of the pressures and challenges that youth face.

WHO ARE OUR MENTORS?

The ideal Reach & Rise mentor is

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

