



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

REACH & RISE®: How Mentors Help

The REACH & RISE® program helps Metro Atlanta youth ages 6-17 develop tools to cope with issues such as low self-esteem, family and peer conflicts, academic underachievement and decision-making skills through a positive adult-child relationship. Volunteer mentors meet with mentees once each week to support them with challenges occurring in their lives while engaging in enriching community activities. Mentors don't need any special skills, just a desire to make a difference. This program:

- *Connects youth ages 9 to 17 with adult mentors for at least one year*
- *Provides one-to-one mentoring services to create safe, healthy, and meaningful relationships with youth*
- *Gives mentors and their mentees the opportunity to grow together through engaging activities and meaningful conversations.*
- *Is supported by the Office of Juvenile Justice and Delinquency Prevention*

Founded in 1992 and led by the YMCA of San Francisco, REACH & RISE® is being implemented at YMCA's across the nation. This program has proven to help youth:

- *Express their feelings*
- *Improve school grades*
- *Expect more from themselves*
- *Get along better with others*
- *Become more involved in enrichment programs and after-school activities*

Become a REACH & RISE® Mentor and you will:

- *Provide youth with a positive relationship*
- *Be a solution to the problem*
- *Move youth from risk to resiliency*
- *Have a direct impact on your local community*
- *Make a difference in the life of someone in need*

REACH & RISE MENTORING PROGRAM

Northwest Family YMCA
1700 Dennis Kemp Lane, Kennesaw, GA 30152
P 770.514.4360 carrieh@ymcaatlanta.org



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

REACH & RISE MENTORING PROGRAM

Northwest Family YMCA
1700 Dennis Kemp Lane, Kennesaw, GA 30152
P 770.514.4360 carrieh@ymcaatlanta.org