



Impact of Group Mentoring

Reach and Rise utilizes therapeutic approaches which are equally rooted in evidenced-based mentoring practices, mental health modalities, and therapeutic concepts to be delivered in a group format.

Benefits of group mentoring include:

- Developmental milestones and experiences are normalized
- Healthy coping skills and relationships are role modeled
- Youth's sense of belonging increases
- Peer support
- Improved relationships
- improvements in academic performance

MENTOR REQUIREMENTS

Mentors must

- Be at least 21 years old
- Pass fingerprint security screening
- Complete the 15 hour training
- Commit to a 16 week mentoring group during the Fall and Spring or 8 weeks over the Summer for 2 hours a week
- Co-facilitate a mentoring group
- Check-In weekly with Program Director

MORE INFORMATION

For information about volunteering as a mentor, please contact:

Ocean Community YMCA
95 High Street
Westerly, RI 02891
Phone: (401) 596-2894
Email:
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Oceancommunityymca.org



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

NURTURE GUIDE SUPPORT

Reach & Rise®
Group 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® group mentoring supports youth ages 8 to 15 who may often experience social issues, poverty, community violence, educational disparities. As a group mentor, you can build a supportive, consistent relationship with a group of young people. You will help to improve each mentee's self-esteem, confidence, sense of belonging, decision-making skills, school performance and relationships.



BUILD TOGETHER GROW TOGETHER

Our site based group mentoring program matches 2 adult volunteer mentors with 6 youth mentees. Volunteers provide group based mentoring services and create safe, healthy and meaningful relationships with youth. Group mentors will engage youth, utilizing a therapeutically based activities developed by Reach and Rise.

As a mentor, you will gain personal satisfaction from making a difference in the life of young people. You'll also have the opportunity to connect with youth from different communities, cultures and backgrounds. 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 mentees 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 team player, who is open to supporting and collaborating with others
- A friend, role model, supporter and guide.
- Someone who can listen, respect different points of view and empathize with a child's struggles.

