



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:

- Normalization of developmental milestones and challenges
- Reduction of feelings of isolation
- Role modeling of appropriate coping mechanisms
- General peer support and enhanced social relationships
- Demonstrated improvements in personal development
- Improved academic performance

MENTOR REQUIREMENTS

Mentors must

- Be at least 21 years old
- Complete the 18+ hour training
- Commit to 16 week mentoring session during the fall and spring, or 8 weeks over the summer
- Pass fingerprint security screening
- Co-facilitate 2 hour mentoring group
- Check-in weekly with program director
- Monthly phone check-in with assigned mentees

MORE INFORMATION

For information about volunteering as a mentor, please contact:

YMCA of Marquette County

1420 Pine Street
Marquette, MI 49855
Phone: 906.227.9622
www.ymcamqt.org



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MENTORING CHANGES LIVES

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 are open to mentoring by teaching and have a parent or guardian who supports their participation in the program. 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, emotion management, decision-making skills, school performance and interpersonal relationships.



BUILD TOGETHER GROW TOGETHER

Our site based group mentoring model pairs 2 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 therapeutically based activities developed by Reach and Rise®.

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 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, counselor, role model, supporter and guide.
- Someone who can listen, respect different points of view and empathize with a child's struggles.

