



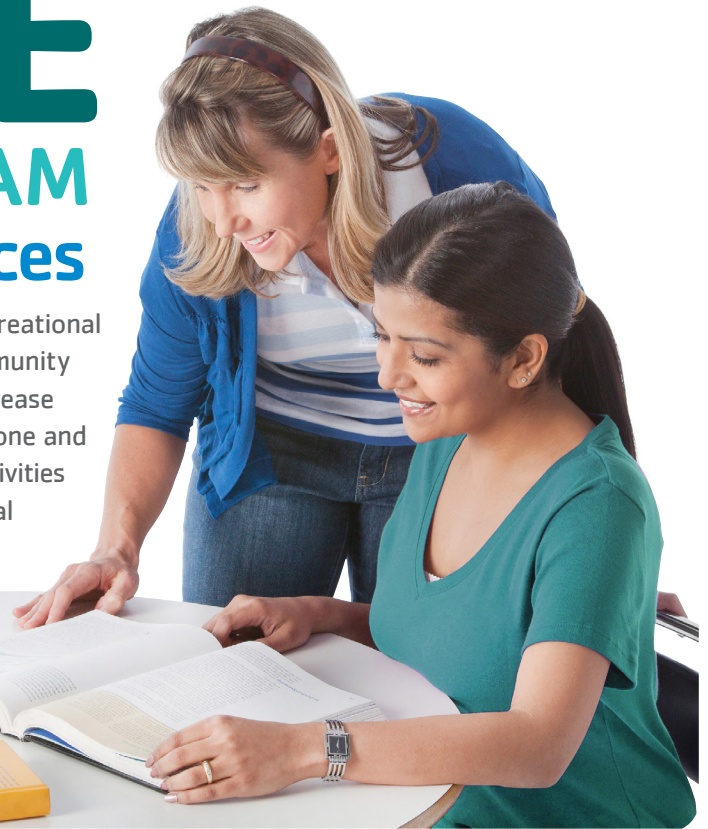
FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ROLE MODELS FOR CHANGE

MENTORING PROGRAM Counseling & Social Services

YMCA Mentoring is a support program that provides social, recreational and educational services to children and adolescents. This community based initiative is intended to provide outlets for children to increase their self-esteem and self-awareness. Mentors provide one-on-one and group services to participants within their community through activities that include academic support, empathetic listening, recreational activities, social skills, vocational search, and transportation.

Our mentors offer support to the youth they work with. They provide opportunities for development and growth while helping a child in their decision making process. Mentors are role models for change and offer companionship and support to those with whom they work. Mentors work with the children to make linkages to sustainable community activities.



Mentoring can include:

- > Recreational Activities (such as sports, arts and crafts and environmental activities)
- > Educational and Academic Support
- > Exploration of Interests and Strengths
- > Skill Development
- > Empathetic Listening
- > Socialization Activities

For additional information about our programs and services, please call 732.544.4544, ext. 20

"I love my **mentor**. She helps me with my homework, takes me to the Y and **listens to me** when I need to talk. We have a great time and I **look forward** to my time with her."

– J.M., program participant

THE COMMUNITY YMCA

Counseling & Social Services Outreach Office

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LET'S CONNECT!

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 twitter.com/cymca_nj

 youtube.com/CommunityYMCA

TheCommunityYMCA.org

Here for all. Financial assistance is available based on need.