



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FOR IMMEDIATE RELEASE

Date: August 11, 2016

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YMCA of Northwest Florida – Reach & Rise Program seeking Mentors

Pensacola, FL. – The Reach & Rise mentoring program trains adult volunteers to provide mentoring services to young people ages 6-17 for one year. We aim to help youth develop tools to cope with issues such as low self-esteem, family and peer conflicts, problems at school, and to improve their decision-making skills.

Mentors attend 15 hours of training over the course of approximately 4-5 weeks to prepare for the mentoring relationship. The training covers information about the program, expectations, basic therapeutic concepts, relationship building, understanding risk factors/mental health issues, how to handle safety issues, etc. If accepted into the program, mentors are then matched with a child. Optional monthly mentor support meetings with fellow mentors facilitated by Program Director are also available.

Mentors must be at least 23 years old, have a desire to work with youth, have an interest in counseling/mentoring, and have no prior felony convictions. They must submit to fingerprint screening for security purposes, provide proof of auto insurance and a copy of current driving record, and have no DUIs (if you plan to drive with mentee). Mentors sign a one-year commitment to meet at least one time a week for 1-3 hours (on average).

To learn more about becoming a mentor, contact Kimi Lirette at 850.291.7306 or email Klirette@ymcanwfl.org. To learn more about the YMCA of Northwest Florida, visit www.ymcanwfl.org.

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About Reach & Rise

Founded in 1992 and led by the YMCA of San Francisco, the Reach & Rise® Mentoring Program was recently piloted at five additional YMCA associations. As part of a national expansion, the YMCA of Northwest Florida is one of 38 Ys now offering the program.

About the Y

The Y is one of the nation's leading nonprofits strengthening communities through youth development, healthy living and social responsibility. Across the U.S., 2,700 Ys engage 21 million men, women and children – regardless of age, income or background – to nurture the potential of children and teens, improve the nation's health and well-being, and provide opportunities to give back and support neighbors. Anchored in more than 10,000 communities, the Y has the long-standing relationships and physical presence not just to promise, but to deliver, lasting personal and social change. ymca.net