



## 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 isolation, resulting from family dysfunction
- 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:

**MISSISSIPPI GULF COAST YMCA**  
1810 Government St  
Ocean Springs, MS 39564  
Phone: 228-875-5050 ex 1641  
Email: [thaynes@mgcymca.org](mailto:thaynes@mgcymca.org)  
[www.mgcymca.org](http://www.mgcymca.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 often reside in communities challenged by poverty, community violence, educational disparities and various other social issues. 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, 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 a 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.

