



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# NURTURE GUIDE SUPPORT

## Reach & Rise®

Group Youth Mentoring Program

**Reach & Rise®** is a FREE program financially supported by the YMCA's Annual Support Campaign.

**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 challenged by numerous obstacles they may face on a daily basis. Our group mentoring program matches two adult volunteer mentors with six youth mentees. Volunteer mentors provide group-based mentoring services and create safe, healthy and meaningful relationships with youth utilizing therapeutically-based activities developed by **Reach & Rise®**.



Group mentors provide a positive and consistent relationship with a group of young people. They help to improve each mentee's self-esteem, decision-making skills, school performance and relationships.

## PROVEN OUTCOMES

Mentees have improved connectedness to families and schools as demonstrated by the following indicators:

- 75% of mentees will demonstrate improved school functioning
- 75% of mentees will report improved abilities to relate to guardians, peers, and authority
- 75% of mentees will report a decrease in substance abuse during the program
- 85% of mentees will demonstrate an increased productive use of afterschool hours
- 75% of mentees will be involved in two or more community activities annually

# BUILD TOGETHER GROW TOGETHER

## 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

### Mentors must:

- Be at least 21 years old
- Obtain background clearances
- Complete the 15 hour training
- Spend 2 hours a week co-facilitating a mentoring group
- Check-in weekly with Coordinator



## IMPACT OF GROUP MENTORING

Many youth feel they don't matter and are unable to think positively about their futures. If you had a special person in your life who guided, nurtured and taught you that you mattered, you had a mentor.

**Reach & Rise®** utilizes therapeutic approaches that are equally rooted in evidence-based mentoring practices, mental health 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 practiced
- Youth's sense of belonging increases
- Peer support
- Improved relationships
- Improvements in academic performance

## INSPIRE A FUTURE: BECOME A MENTOR

As a mentor, you will gain personal satisfaction from making a difference in the life of young people. 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. Together, you can share diverse experiences, develop a stronger sense of belonging, create lasting memories and have fun!



For information about our Group Youth Mentoring Program, contact:

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**Reach & Rise®** Youth Mentoring Coordinator

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