

MENTORS WANTED!

What Is Y-FRIENDz?

A mentoring program with YMCA Youth & Family Services that matches mentors with youth, ages 4-15, who have one or both parents incarcerated.

What Do Y-FRIENDz (Mentors) Do?

Y-FRIENDz mentors provide young people with a positive role model. Mentors have a unique opportunity to participate in a variety of exciting and rewarding activities. Fun activities can include sports, cultural events, art projects, games and tutoring.

Common Concerns:

"I don't think I have enough time."

Mentoring simply means involving an at risk youth in everyday activities. Having lunch or hanging out once a week will significantly improve that child's life.

"Why mentor children of incarcerated parents?"

Statistics show that children of incarcerated parents are at greater risk for substance abuse and involvement in the criminal justice system. However, having a supportive positive role model will give these young people an opportunity to become successful.

"What if I get into a situation I can't handle?"

There is a vast support system in place. Y-FRIENDz works closely with school counselors and other social service agencies and also has professional staff who are always available to help.

"What if I can't afford it?"

You do not necessarily have to spend money. There are a lot of ways to mentor, many of which are available at no cost. Hiking, playing ball, helping out with school or going to a museum are just a few ideas of fun activities that won't cost you a dime.

How Can I Help? BECOME A Y-FRIENDz MENTOR!

Mentoring entails a one-year commitment spending an average of 1-3 hours per week with your young friend. You may also become involved in Y-FRIENDz as a contributor or in a variety of other ways. Call today! There are children in your area that need YOU!

For more information please contact Christina
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