



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# CHANGE A LIFE FOREVER

## REACH & RISE®

### 1:1 Mentoring Program YMCA OF Newark & Vicinity

#### WHY SHOULD I BE A MENTOR?



- Be part of the SOLUTION
- Have a DIRECT impact on your local community
- Make a DIFFERENCE in the life of someone in need

#### DOES IT REALLY WORK?

- Youth are FIVE times more likely to graduate if they have a meaningful relationship with an adult
- Kids who have mentors are nearly 50% less likely to use drugs

#### REQUIREMENTS

Desire to work with youth ages 9-17  
21+ years old



#### COMMITMENT

Mentor training (17+ hours) and  
1-3 hours a week (average) for one year

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