



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 6-17
- 21+ years old

COMMITMENT

- Mentor training (15+ hours) and
- 1-3 hours a week (average) for one year



For more information contact **Xavier Helper, Program Coordinator,**
at
973-624-8900 x6827 or xhelper@newarkymca.org