



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

REACH & RISE MENTORING

All kids have great potential. The YMCA works to help children and teens achieve their goals. Every day, children and teens realize their potential, gain confidence, and recognize the Y as a place where they belong and can explore new interests.

Available at any Metro Atlanta YMCA location or virtually, the **REACH AND RISE®** program ensures that every child has an opportunity to envision and pursue a positive future, taking an active role in strengthening his or her community.

How mentoring works:

- Connects youth ages 9 to 17 with adult mentors for at least one year
- Provides one-to-one mentoring services to create safe, healthy, and meaningful relationships with youth
- Gives mentors and their mentees the opportunity to grow together through engaging activities and meaningful conversations.

How mentoring benefits youth:

- Increases Self-Esteem
- Improves Academic Performance
- Teaches Decision-Making Skills
- Develops Positive Relationships with Peers and Family
- Healthy living, and improved mind, body, and spirit

About REACH & RISE® Mentors:

- Adults age 21 and older
- Minimum of 15 hours of training plus additional training opportunities
- Be a solution to the problem
- Move youth from risk to resiliency through a positive relationship
- Have a direct impact on their local community
- Make a difference in the life of someone in need

Visit <https://www.ymcaatlanta.org/reach-and-rise/> for more information, including youth and mentor applications, or contact Becky Cross at beckyc@ymcaatlanta.org, (770) 423-9622.