

## MISSION STATEMENT

The Building Futures Mentoring Program strives to make a difference in a child's life. This free program was established to provide youth from over-stressed families an opportunity to grow through a positive relationship with an adult mentor.

The program further embodies the mission statement of the YMCA to build strong kids, strong families, and strong communities by enriching the lives of all people in spirit, mind, and body.

## GET INVOLVED

Visit [www.valleymca.org](http://www.valleymca.org)  
Click on the "Social Services" tab at the bottom of the page to get:

- Mentor Application Form
- Youth Referral Form

For more information on Volunteering, Referring Youth or Questions, contact the representative closest to you

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**Building Futures Mentoring Program**  
**Be a Mentor...Build a Future!**

**VALLEY OF THE SUN YMCA**  
[www.valleymca.org](http://www.valleymca.org)



# BE A HERO

**Building Futures Mentoring Program**  
**VALLEY OF THE SUN YMCA**

## WHAT'S SPECIAL ABOUT BUILDING FUTURES?

- A national one-to-one mentoring program aimed to move youth from risk to resiliency & help build a better future by matching them with an adult for one year.
- Building Futures began in 1992 to serve mental health needs of youth and families unable to obtain mental health services – free of cost to families.
- 15+ hours of therapeutic paraprofessional training for mentors to understand cultural/social development, mental health issues, risk factors, and to offer ways to communicate & relate to youth.
- Extensive interviewing and screening for mentors.
- Ongoing supervision and support for youth, families, and mentors from trained Program Directors
- Parents/Guardians included in the mentoring process (e.g. youth intake assessment, setting goals for the mentoring relationship, etc.).



## WHO ARE OUR YOUTH?

- Ages 6-18 years
- Diverse ethnic & socio-economic backgrounds
- Residents of Maricopa County
- At risk youth dealing with low self-esteem, social isolation, family problems, peer conflicts, poor academics, poor decision making, etc.
- Have family/guardians who are committed to the mentoring program
- Referred by family, friends, counselors, teachers, YMCA programs, family resource centers, mental health agencies, other community agencies, etc.

## WHAT YOUTH GAINS:

- Positive, consistent, and growth inducing relationship with adults.
- Increase in self-esteem, decision-making skills, school performance, and healthy interpersonal relationships.
- Support individual or family counseling goals if also receiving additional mental health services.

## WHO ARE OUR MENTORS?

- A friend, counselor, role model, supporter, and guide.
- Dependable, consistent, & responsible adults who want to share new interests & experiences with a youth.
- An understanding adult who can listen and respect different points of view and empathize with a child's struggles.

## REQUIREMENTS:

- At least 23 years old
- Complete the 15 hour paraprofessional counseling training
- Pass a fingerprint security screen
- Provide a copy of valid auto liability insurance (if car owners)
- Meet with a youth approximately 1-3 hours a week, for one year.

