



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



COGNITIVE BEHAVIORAL MENTORING



Reach & Rise® National CBM Research Study

A Unique Opportunity for College/University Students and Upcoming Professionals, where as little as 1 hour a week will give a lifetime of opportunity!

AS A MENTOR,

- Gain VALUABLE EXPERIENCE FOR PSYCH AND SOCIAL SERVICES
- MAKE A DIFFERENCE
- Learn COGNITIVE BEHAVIORAL TECHNIQUES
- Participate in a national research study and HELP PUT HAWAII ON THE MAP
- ENHANCE your skillsets and resume
- Be a positive and stable ROLE MODEL
- Help improve a youth's self-esteem, confidence, sense of belonging, relationships, decision-making skills, and school performance.

As a mentor, you can help change your mentee's life, and they will definitely impact yours!

REQUIREMENTS & COMMITMENT

- 21+ years old
- Willingness to work with youth ages 9 to 17 for 1 year.
- 17+ hours of training + security screening
- Meet with youth 1-3 hours per week for a minimum of one year (flexible schedule).
- Monthly logs & regular check-ins with Program Director.

FOR MORE INFORMATION CONTACT

Jamie Umanzor, Program Director
(808) 848-2494 x823
jumanzor@ymcahonolulu.org

