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
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Join the Mentoring Movement!