

# ROLE MODELS FOR CHANGE



## MENTORING PROGRAM | Counseling & Social Services

YMCA Family Care Community Based Mentoring is a supportive program providing social, recreational, vocational and educational services to youth, ages 9-12, and their parent/guardians. This community based initiative, funded through the Monmouth County Youth Services Commission, is intended to provide outlets for youth and interested families to improve family communication skills, provide education on healthy relationships, and increase problem solving skills. Mentors provide opportunities for development and growth while helping a child in their decision making process. Enrolled participants receive services for two hours weekly over the course of 12 weeks for FREE.

### Mentoring can include:

- > Recreational Activities (such as sports, arts & crafts and environmental activities)
- > Educational and Academic Support
- > Exploration of Interests and Strengths
- > Coping Skill Development
- > Empathetic Listening
- > Socialization Activities
- > Parenting Support and Education



**“I love my mentor. She helps me with my homework, takes me to the Y and listens to me when I need to talk. We have a great time and I look forward to my time with her.”**

**– J.M., program participant**



For additional information on how to access this program, please call 732.544.4544, ext. 517 or email [tmclawhorn@ymcanj.org](mailto:tmclawhorn@ymcanj.org)

**The Y. For A Better Us.™**

**> [ymcanj.org](http://ymcanj.org)**

### COUNSELING & SOCIAL SERVICES OUTREACH OFFICE

YMCA OF GREATER MONMOUTH COUNTY

613 Hope Road, Bldg. 4, 2<sup>nd</sup> Floor  
Eatontown, NJ 07724

732.290.9040  
[outreach@ymcanj.org](mailto:outreach@ymcanj.org)

[YMCA NJ.org](http://YMCA NJ.org)



221-5551-CSS

**Here for all.**

Financial assistance is offered based on availability of funds.