

A mentor's abilities and life experiences can help a youngster overcome life's challenges, enjoy childhood, and prepare for the future. A mentor can give a child perspective, help a child build **confidence** to make good choices, and encourage an **enduring sense of positive self-worth**.

**“I get to go so many places and learn new things”**

*Mary, age 9*



**“I’m doing something with my time that will make a lasting difference.”**

*Mentor*

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The **Friends Program**, established in 1975, is a non-profit organization that recruits volunteers to meet community needs.

Our mission is to strengthen communities by building relationships that empower people, encourage volunteer service, and restore faith in the human spirit. We accomplish this by mentoring local youth, sheltering homeless families, and fulfilling the need of seniors to actively contribute to the community.

#### **Programs and Services:**

- Supporting children's academic and emotional growth in the classroom
- Sheltering homeless families
- Promoting senior wellness through exercise programming for older adults
- Matching local youth with volunteer mentors
- Recruiting older volunteers to match with nonprofits, schools, and public agencies
- Transporting seniors to medical appointments

### **Friends Program**

FOUR PROGRAMS - ONE MISSION

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# **Friends Program**

FOUR PROGRAMS - ONE MISSION

## **YOUTH MENTORING**



[WWW.FRIENDSPROGRAM.ORG](http://WWW.FRIENDSPROGRAM.ORG)

# MENTOR one child ENRICH two lives

Be a mentor. It is enormously **rewarding**.

You can make a real, **lasting difference** in the life of a young person by forging a healthy, 1:1 mentoring relationship.

“Since having a mentor, I have learned so much. My mentor and I have a lot of fun. It’s awesome.”

*Sujata, age 11*



## Who are our mentors?

They are **caring, trusted volunteers** who step up and step in to support children in need. Mentors help children develop characteristics and capabilities that lead to **positive life choices** and **personal growth**.

## Who are the youth?

They are boys and girls, ages 6-17, from Merrimack County **who are in need of someone** to provide advice, advocacy, and access to enjoyable, new learning opportunities. They are on the **prevention** end of the continuum and will readily **benefit** from 1:1 quality time and attention.

“This is the first time my son has had a true male role model. He has started to dream again of what’s possible.”

*Parent of a 12 year old*

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## Why mentor?

- **Inspire** a young person.
- **Share** your time, talent and knowledge.
- **Too many** young people are growing up in America **without a mentor**. Help close the mentoring gap.

## What's involved?

There is a commitment between parents, children, mentors, and our staff to help children **reach their full potential**. By devoting a small amount of time each week, a mentor can **transform a child's life**. For the duration of the match, a Youth Mentoring Program Coordinator will support efforts through ongoing contact. In addition to a child enjoying regular 1:1 meetings with a mentor, they can take advantage of group activities the program offers.