American Association of Caregiving Youth

M.A.C.Y.

Mentor A Caregiving Youth

WHY BE A MENTOR

BECOME A BETTER LEADER

Investing in someone else's life challenges your perspective, sharpens your interpersonal skills, gives you a new purpose, and exposes you to different decision-making approaches. Mentoring allows you to learn by doing.



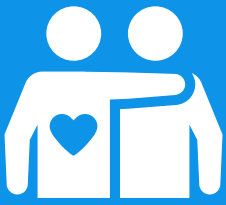


GIVE BACK TO YOUR COMMUNITY

The most impactful way to give back to your community is to invest your time in it. Mentoring youth in your community is a powerful way to help the next generation. Having a mentor provides our youth with a break from their responsibilities and gives them a caring person to look up to.

BUILD LASTING FRIENDSHIPS

Mentors often connect in the course of training and participating in our program. In addition to building relationships with the youth they serve, our mentors also benefit from the professional and personal relationships they build with others interested in changing the lives of children.





TO BECOME A MENTOR, YOU MUST:

- Be at least 18 years old
- Complete a fingerprint background check
- Receive ongoing mentorship education
- Commit to at least 4hrs/month for 6-12 months
- Become matched with a mentee of the same gender with similar interests

"Volunteering with AACY . . . has been one of the most rewarding endeavors I've ever been a part of, and an experience I am deeply grateful for."

- Nelson B.

For more info on volunteering & mentoring opportunities, **scan here** to contact Volunteer Manager Amanda Levine. Or call **561-391-7401**

For more info on AACY, our events, news, and all our links, **scan here** Or visit **aacy.org**

Community Foundation · Children's Services Council · Live United · Palm Beach County Community Services · United Way · The School District · The Jim Moran Foundation · Schmidt Family Foundation · Pulte Family Charitable Foundation

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WHY BE A MENTEE

HIGHER SELF-ESTEEM & CONFIDENCE

You are not alone with the challenges of growing up! A good mentoring relationship can help you see yourself differently and recognize your strengths and accomplishments, as well as help build your confidence and self-esteem





HAVE SOMEONE NEW TO LOOK UP TO

Mentoring can help you go through challenging life transitions, including dealing with stressful circumstances at home or transitioning to adulthood. A mentor will listen to you and be there for you! Having a mentor provides you with a break from your daily role and responsibilities as a caregiver.

PREPARE FOR YOUR FUTURE

Your mentor can help you set your career goals and teach you what steps you have to take to make them a reality. They can introduce you to new resources and organizations. They can teach you skills to seek, how to interview, and how to keep a job or other opportunities.





THE NUMBERS DON'T LIE

Youth with mentors are:

- **55%** more likely to enroll in college
- **130%** more likely to hold leadership positions
- **90%** more likely to become a mentor

"My mentees have little free time with all their responsibilities. To think they enjoy spending some of that time with me is very rewarding. We learn a lot from each other!"

- AACY Mentor

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COMMUNITY FOUNDATION · Children's Services Council · LIVE UNITED United Way · United Way of Palm Beach County · Palm Beach County COMMUNITY SERVICES · United Way · Town of Palm Beach United Way · THE SCHOOL DISTRICT OF PALM BEACH COUNTY · THE JIM MORGAN FOUNDATION · SCHMIDT FAMILY FOUNDATION · PULTE FAMILY CHARITABLE FOUNDATION