



**It's deeper here.™**

**For Immediate Release:**

January 17, 2013

**Contact:**

Lindsay Jordan

Profiles, Inc.

410-243-3790

[Lindsay@profilespr.com](mailto:Lindsay@profilespr.com)

**MALE MENTORS NEEDED TO INVEST IN A CHILD'S FUTURE**

*Y of Central Maryland seeks mentors for Building Futures mentoring program during National Mentoring Month*

(Baltimore, MD)— January is National Mentoring Month and the Y of Central Maryland is seeking male mentors to volunteer as part of the *Building Futures* mentoring program to work with young boys throughout Central Maryland. According to MENTOR/National Mentoring Partnership, there are more than 14.6 million young people in the U.S. who need mentors – 300 of those children are boys living in Central Maryland who are on a waitlist for a male mentor.

As part of the organization's mission of developing the full potential of every individual, the Y of Central Maryland created the *Building Futures* mentoring program for children and youth who need extra support with caring, responsible adults. Mentors participate in a variety of activities with their mentee, including physical activities and working out together; healthy cooking classes; activities such as chess or Zumba; tutoring; and serving as a friend the child may need.

Male mentors will work with boys between the ages of 6 and 18 who are recommended into the program by family, friends, counselors, teachers, Y programs, family resource centers and other community agencies. The mentor will be required to dedicate two hours every week for one year. During that time, they will meet regularly with an assigned youth and will encourage them to participate in various activities and experience new things while building a lasting relationship and memories that the youth may not get at home.

Volunteer requirements include:

- A male who is at least 23 years old
- Completing 21 hours of mentor training
- Offering ways to engage youth in positive, fun activities at the Y

Y mentors will receive a free one-year membership to the Y in addition to the pride and personal satisfaction that comes from working with youth. For information about volunteering as an adult mentor or to recommend a youth for mentoring, contact Michelle Jefferson, MSW, LCSW-C, at 410-728-0945 x 226 or [michellejefferson@ymaryland.org](mailto:michellejefferson@ymaryland.org).

**Our Mission:**

The Y of Central Maryland is a charitable organization dedicated to developing the full potential of every individual through programs that build healthy spirit, mind and body for all.

**Our Commitment:**

At the Y, we are committed to providing family-oriented, affordable, high quality programs that lead to:

- Every child and youth deepening positive values, their commitment to service and their motivation to learn
- Every family building stronger bonds, achieving greater work/life balance and becoming more engaged with their communities
- An enhanced quality of life in the communities in which we operate

The Y is a place for everyone. People of all races, ages, faiths, gender, abilities, backgrounds and incomes are welcome and financial assistance on a sliding scale is available to those who would otherwise be unable to participate.

**Our Values:**

Caring, Honesty, Respect and Responsibility

More information can be found at [www.ymaryland.org](http://www.ymaryland.org).

###