

**You can make a  
difference in  
someone else's  
life!**

If any of the programs interest you, please stop by the YMCA and pick up an application to be involved. Or contact the Y-Pals Coordinator and they will answer any questions that you may still have. One person really can make a difference in the life of a child. Start making that impact today!

“This was one of the most meaningful volunteer services that I have done over the years.”

*-Beverly D.*

“I still value the experience of knowing (my y-pal) and feel he and his family are part of my extended family”

*-Steven S.*

**YMCA  
Y-pals Mentoring Program**

Red Wing Family YMCA  
434 Main St  
Red Wing MN 55066  
Phone: 651-388-4724  
Website: [www.redwingymca.org](http://www.redwingymca.org)  
Fax: 651-388-5340

*YMCA... We build strong  
kids, strong families,  
strong communities.*

**YMCA  
Y-pals  
Mentoring  
Program**



*Y-Pals—Serving the  
needs of children in  
the greater Red  
Wing Area for over  
25 years.*



## Become a Y-Pal !

Contact Information:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Phone #:

\_\_\_\_\_

E-mail:

\_\_\_\_\_

I am interested in: (circle one of each)

Becoming a mentor/ Being mentored

Community Pals School Pals

Comments:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Please return to:

### YMCA Y-pals Mentoring Program

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## What is Y-Pals?

Y-Pals is a mentoring program that matches individuals, couples and families with children in the community. When making a match we consider both the mentor(s) and the child's gender, age, personality, temperament, schedule, interests and hobbies. We typically serve children ages 6-13 from single parent families.

Mentors may choose from the following:

**Community Option** allows mentors to plan to spend time with their child when they can fit it into their schedule during the week.

What do you do with your Y-Pal? Anything!

- Go for a picnic hike on Barn Bluff
- Go bowling
- Use the YMCA facilities for free
- Play at Bay Point Park
- The options are endless!

**School Option** allows mentors who would prefer to visit with a child during the day when it works into the child's school schedule. For one hour a week you can show a child that you believe in them while meeting within the school setting. We ask that you commit to one hour a week from October to April. Keep in mind, when the students have school breaks, so will you! If you wish to continue mentoring the student through the summer, you can! The Y-Pals program will allow you to do that! When the student moves up a grade, you can move with them if you like. Or, you can stay a mentor in a certain grade. The option is yours!

## How do I mentor?

How do you become a mentor? It's simple!

- Be yourself
- Provide your companionship at least 4 hours a month
- Be a good role model
- Enjoy spending time with a child who looks up to you
- Be consistent and reliable

## Requirements

- Be at least 18 years of age
- Possess a valid drivers license and current auto insurance (or have reliable transportation)
- Fill out an application
- Pass a background and reference check
- Attend a training session
- Start making a difference in the life of a child

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