



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**FOR IMMEDIATE RELEASE:**  
Wednesday, December 1, 2010

## **GOOD NEWS! FROM THE VALLEY OF THE SUN YMCA**

**“Building Futures” One Child at a Time**  
*Y seeks volunteers for their mentoring program*

*PHOENIX, AZ:* ---This year the Valley of the Sun YMCA, through their Community Initiatives will reach out to 200 at-risk children ages 6-18 with Building Futures, a one-to-one mentoring program! This free program provides youth from over-stressed families a chance to build a positive relationship with an adult mentor.

The young people are from a wide range of ethnic and socio-economic backgrounds and may be experiencing problems such as: low self-esteem, poor academic progress, peer difficulties, family conflict, and/or poor decision-making. Each child is matched with a volunteer mentor who has made a year commitment to become a friend, counselor, role model, and supporter by engaging in weekly get-togethers. Each mentor must be at least 23 years old, complete the 15 hr. required counseling training, and pass a security screening.

At the Y, strengthening community is our cause. Every day we foster the importance of giving back and providing support to our neighbors, and through our Building Futures program we provide an opportunity for a child to discover their potential and encourage their success.

If you would like to make a difference in a child's life as a volunteer mentor, contact Robert Neese, Regional Director at 602.212.6071 or [meese@vosymca.org](mailto:meese@vosymca.org).

**For more information about Building Futures —  
or to arrange for an interview with a  
Valley of the Sun YMCA Community Initiatives Representative,  
please contact: Manda Hurdelbrink • 513.324.8610 cell**



**FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

*The Community Initiatives YMCA is a strategic priority for youth development from the Valley of the Sun YMCA. This “branch without walls” operates youth development programming in YMCA service areas throughout Maricopa County and the State of Arizona. The youth development programs offered concentrate in four primary domains of service: High School Dropout Intervention, Work or College Readiness, Youth Leadership, and Youth delinquency prevention and intervention.*

**About the YMCA:**

*Over 2600 YMCAs serve 21 million people each year, including nearly 10 million children under the age of 18. YMCAs respond to critical social needs by drawing on their collective strength as one of America's largest not-for-profit community service organizations. Through a variety of programs and services focused on the holistic development of children and youth, family strengthening, and health and well-being for all, YMCAs unite men, women and children of all ages, faiths, backgrounds, abilities, and income levels. From urban areas to small towns, YMCAs have proudly served America's communities for nearly 160 years by building healthy spirit, mind and body for all. Visit [valleymca.org](http://valleymca.org) to find your local YMCA.*