

*"If you light a lamp for someone
it will also brighten your own path"*

--Buddhist proverb

Be **BOLD.** Be a mentor.

THE
NORTH
FACE

Be **BOLD**. Be a mentor.



One
youth

+

Once
a week

=



Two lives
changed



Bolder Options is a mentoring program that provides guidance and support to referred youth who are at a crossroads and struggling to find their way in life.

Our innovative approach helps our mentors shine a light on positive opportunities for their mentees by uniting one-on-one mentoring with goal setting, physical activity, tutoring, and leadership activities that help build confidence, maximize potential, and encourage healthy life skills.



Bolder Options' exceptional mentoring program works!

Over 90% of BOLD Youth continue to engage in healthy habits after graduation from the program.

Be BOLD. Let YOUR Light Shine.

One Youth

As a mentor with Bolder Options, you will be matched with a youth 10-14 years old, who has been referred to our program. With your guidance, your mentee will learn how to set and achieve goals allowing them to make changes in their life and create a positive path toward success. Together, you'll spend time exploring a world of opportunities, discovering new ways of learning, volunteering, and possibly getting to know other mentor/mentee pairs through group activities.

Once a Week

We ask that you commit to meeting with your mentee one time a week, for at least 2 hours (up to 4 hours) for one year. To help guide your time together, we offer weekly and monthly interactive fun and learning opportunities through our Mentoring Program Services called **POWERPlay**, **Bolder U**, and **Bolder Ventures**. Running, biking, fitness, recreational fun, family events, field trips and more. From time to time, we even get access to tickets for exciting events around town so you can expose your youth to new experiences in the community. The time you dedicate to mentoring can transform a young life and possibly your own.



As a Bolder Options mentor You are Appreciated & Supported

Every Step of the Way.

Our Appreciation

**bolder MVP
benefits include:**

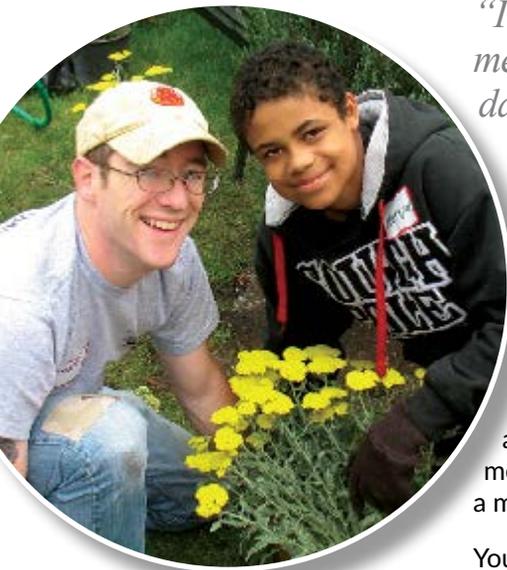


- **FREE** YMCA membership when accompanied by your Mentee
- **FREE** Tickets to Sporting events (when available)
- Paid entry fees into Mentor/Mentee related race events
- Discounts and Gift Cards to events, restaurants, and shops (when available)

Our Support

- Our monthly **"POWER Play"** activities (sports, recreation, health & wellness, and more!)
- Interactive learning opportunities offered through our **"Bolder U"** program.
- Access to a Mentoring Program Coordinator who will provide advocacy and referral services for your mentee and their family, as needed.
- An Academic Specialist to assist with academic goals and learning plans.
- List of **Bolder Ventures** Community Partners offering low to no cost activities.
- Access to the Bolder Options drop-in Youth Rec & Activity Center.





“I can’t imagine my life without my mentee. He’s so funny, he makes my day better each time we hang out.”

—2011 Mentor

Being a mentor is simple. Just be YOU and share your passion for living an active life. Get up, get out, be active and let your light shine once a week with your mentee. You don’t need to be a hero. You’re not asked to save the day. Just be willing to shine a light and explore a world of opportunities with your mentee that could help them find, or create, a more positive path toward a brighter future.

You are the difference.

Light a lamp and let your light shine...

Be BOLD. Be a mentor.

Sign up at www.bolderoptions.org/volunteer/mentor
or call a **Volunteer Coordinator** at 612.379.2653



Minneapolis | St. Paul | Rochester