

# MENTOR & VOLUNTEER

**TODAY'S YOUTH ARE GROWING UP IN A WORLD FILLED WITH CHALLENGES & PRESSURES, OFTEN LEAVING THEM FEELING DISCONNECTED & OVERWHELMED.**

Research is clear: one of the strongest predictors of positive mental health is having caring, consistent relationships with supportive adults.

That's where you come in. We're looking for mentors and volunteers who are willing to invest in the lives of our 5th-8th grade youth in after school support from 3:30-5:30pm, Tuesday and Thursdays.

You can help Breakthrough in one of three ways:



**Weekly Investment** – Spend regular time with a group of students, building trust and guiding them in respect, empathy, accountability, and healthy relationships.



**1:1 Mentorship** – Walk alongside a student, offering encouragement, support, and hope.



**One-Time Guest Volunteer** – Share your unique skill, life story, or career to inspire and equip students for the future.

Interested? Contact Bobbi Trumbull  
[btrumbull@breakthroughsfc.org](mailto:btrumbull@breakthroughsfc.org)



**VOLUNTEER NOW!**

Scan this QR code to sign up as a mentor or volunteer today!

[breakthroughsfc.org](http://breakthroughsfc.org)