



Become A Mentor—It's Life Changing!

Equinox is looking for **volunteer mentors** to be a **positive role model** for **young adults** in our community.



Are you interested in...

- serving as a positive role model?
- helping young adults develop and think about future goals?
- spending 6-8 hours a month engaged in pre-planned activities with participating youth?

If your answer is YES

contact Destony Stewart at 518-434-6135 x5332

for more information on how to become a mentor

You will be glad you did (and so will we)!

ABOUT OUR MENTORING PROGRAMS:

The Journey Program, for youth ages 13-17, offers positive role models, fulfilling activities, and life expanding opportunities during high-risk, non-school hours.

New Pathways, for 18- to 24-year-olds, recognizes that the transition from adolescence to adulthood is especially challenging. The program offers valuable education activities, and the opportunity, resources, and skill development to help participants achieve confidence and self-sufficiency.

visit www.equinoxinc.org to learn more