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## be there



## Do good by being you.

You don't have to be an expert to be a mentor. You just have to be there.

A mentor is:

- A safe, adult friend
- A cheerleader
- Empathetic
- Strengths spotter
- Caring

- Supportive
- A promise keeper
- Willing to meet in school once a week
- Non-judgemental
- Committed to youth

Fill out an application today!

## SCAN ME

## **TEAMMATES.ORG**