

How Can Young People Benefit from a Mentor?

A mentor can facilitate youth in many areas:

- Stress reduction
- Social skills
- Assertiveness
- Conflict resolution
- Anger management
- Practical math and study skills
- Money management
- Job readiness
- Peer pressure
- Health and nutrition
- Decision making
- Independent living
- Organizational skills
- Communication skills
- Healthy relationships
- Time management



Our Mission...

To promote hope, health and recovery among all people by creating an environment that is safe and free from the harmful effects of substance abuse and addiction.

Center for Prevention & Counseling

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973-383-4787

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www.centerforprevention.org

Donate

We gratefully accept donations!
Credit cards are accepted and a donation form can be accessed at www.centerforprevention.org.

We TRULY appreciate your support!

*A 501(c)(3) non-profit agency
Member of United Way of Sussex County
NJ Prevention Network Member*



Life Skills Program **Path to Personal Development and Independence**

A Brochure for Youth, Parents and Professionals About a Mentor Program that Teaches Essential Life Skills



"For over 30 years dedicated to building healthy communities...one person at a time."

LIFE SKILLS PROGRAM

A PROGRAM OF THE CENTER FOR PREVENTION & COUNSELING

Path to Personal Development and Independence

The Center for Prevention and Counseling (CFPC) is proud to offer a Life Skills Mentoring Program to assist young people with the skills needed to meet life's everyday challenges. Youth ages 7-21 will benefit as they learn strategies to help them transition through life's challenges.

For Whom is this Brochure Designed?

The Life Skills Program is open to all Sussex County youth.



Where is this Program Located?

Most of the services are provided at CFPC's offices in Newton. However, services may also be available in other parts of the county, and are located in houses of worship or other community sites. Hours are Monday through Friday between 8:00AM and 8:00PM.

What are the Expectations of the Services Offered Through this Program?

A relationship between the youth and his/her mentor educator is established and nurtured. Each youth is given a comprehensive bio/psycho/social assessment, as well as an index of learning styles questionnaire necessary to ensure a successful program tailored to the individual. Mentors facilitate youth in developing essential life skills by setting goals and working toward their attainment.

What are the On-going Benefits?

After the participant completes the program, which varies from 4-15 weeks, he/she can return to CFPC for on-going support and education for any desired length of time. Should a youth require other services offered at CFPC, the Life Skills Program can be used in conjunction with these available services.

How to Make a Referral or an Appointment

Call CFPC at 973-383-4787. Grant funds are most likely available. If not, the normal fee for this program ranges from \$10-\$75 per session. Call for grant eligibility.

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