



The Most  
Important Fun  
You'll Have  
This Year

Become A Compeer Youth Program Volunteer



# Help Kids with Mental Health Disorders Become Better Kids.

*You've always felt you have more to offer. Now's your chance to be a Superhero.*

The Compeer Youth Mentoring Program encourages youth with mental health disorders to build self-confidence, self-reliance, and healthy relationships. This is achieved by involving them in one-to-one mentorships, with people just like you, in regular positive social contact. Youth are referred into the program by their therapists, school counselors, or case managers -- made with sensitivity to the interests and availability of the youth and you -- the volunteer.



Compeer Sarasota is backed by a national friends and mentor program that believes volunteers just like you can make all the difference in the lives of young people living with mental illness in the local area. Typically, you spend about 4 hours per month together in the community. Mostly, it's you doing the things you regularly enjoy, and sharing that with someone who truly appreciates your time and company.



Children and teens with diagnosed mental health issues need someone who believes in them and who will be there to share the good and the bad times.



## Here's How It Works

The COMPEER SARASOTA Youth Program matches volunteers with children and youth ages 5 to 17 who have a diagnosed mental health disorder and whose illness would benefit and be improved through a consistent relationship and interaction with a friend. The volunteer's job is to provide social, recreational and academic experiences which integrate the child into the community. Volunteers are not therapists, but their role is to be a friend, mentor and role model to the child.

Volunteers participate with their matches in experiences of mutual interest such as visiting museums, attending sporting events, dining out, help with homework, tutoring, art projects, and outdoor recreation. (This list is limited only by your imagination and the youth's interests.) Since social media is such a very big part of their lives, the volunteer can also count on being in touch with his or her match through email, texting, Facebook, and other forms of social media communication.

Volunteers are well-prepared to interact with their matches. Mental health professionals who recommend youth to the program will be in touch with and provide support to the volunteer. The Compeer youth volunteer coordinator is also available to provide help and advice, as are teachers and parents of the youth.



*It adds to their lives and most certainly, it will add to yours. Everybody wins.*

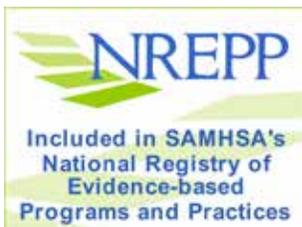


## Who Are Compeer Volunteers?

- Individuals from all walks of life, nationalities and beliefs.
- Individuals looking for a flexible volunteer opportunity that fits their current lifestyle and who can commit an average of 4 hours per month for one year.
- Individuals who are friendly, accepting and emotionally mature.
- Individuals wanting an opportunity for personal growth and to make a difference in someone's life.
- Individuals open to learning something new and use volunteering for Compeer as an opportunity to gain understanding and perspective on mental wellness.



Bernice "Bunny" Skirboll founded Compeer nearly 40 years ago following a near-fatal automobile accident. Her long rehabilitation helped her realize the power of friendship, and she vowed to make a difference in other people's lives. Skirboll served as executive director since Compeer's inception. Under her leadership, Compeer grew from a small program to an internationally recognized mental health agency.



Coastal Behavioral Healthcare, Inc.

**Compeer Sarasota-**

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[www.CompeerSarasota.org](http://www.CompeerSarasota.org)

## Looking to volunteer in Sarasota , Venice or North Port Areas?

Compeer provides healing friendships and mentoring for youth and adult members living with mental illness; achieve prevention as well as remediation; shatter the stigma of mental illness; and build community-wide understanding and support.

*What's more, Compeer provides meaningful opportunities for a volunteer looking to have a profound impact on someone's life.*

Sponsorship through:

