



Did you have a mentor?

...a person who listened to you, who helped guide you to your goals, who was someone you could trust and rely on? Then you know that mentoring helps kids find their voices, their values and their vision for the future. In fact, young people who have a mentor are less likely to use drugs and alcohol, do better in school and have better relationships with their friends and family.

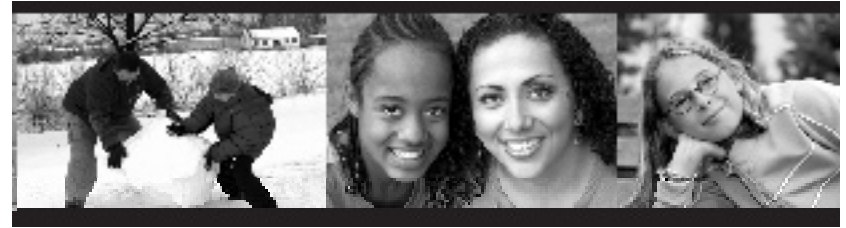
We need your help in finding special people to mentor children 8 to 18 who need our time the most!

The commitment is two hours a week for one year, but the effect lasts a lifetime. Please call us or visit our web site to find out more about volunteer mentoring through MentorMatch, a federally funded program managed by Lutheran Family Services of Virginia. Call 757-722-4707 for more information about “Becoming a Mentor” workshops on the Peninsula. And, don’t forget to pass the word on!

**Lutheran Family Services
OF VIRGINIA**

www.mentormatch.info

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