

CENTENNIAL MENTAL HEALTH CENTER, INC

Our mission is to achieve excellence in the provision of behavioral health services that lead to optimal health and well being.



MENTORING

What is Mentoring?

Mentoring is an evidenced based practice with solid research as the foundation. The purpose of the mentoring program aims to provide a structured and trusting relationship that brings young people together with caring individuals who offer guidance, support and encouragement aimed at developing the competence and character of the mentee. ("Young People and Mentoring" 2004)



Why Does CMHC believe in Mentoring?

Mentoring is many things but at its heart lies an affirmation of human relationships and the capacity to enable those involved (mentors and the young people) to learn and grow.

Mentored teens are 46% less likely to use drugs, 59% get better grades, and 73% raise their goals. So they grow up to be good citizens and employees who strengthen our businesses, our community, and our society.

Your community, state & nation gain significant benefits when at risk youth are mentored.

Every child should have the opportunity to build confidence, character, and the support needed to lead a safe, healthy, and productive life. As mentors, we strive to awaken at-risk youth to their power.

One on one mentoring helps them to develop a powerful sense of self while structured groups create a vital feeling of belonging.

For more information:
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Our Motto: Helping communities change - one life at a time.