

# Mentoring

Funded by  
Flex Funds

Our Mentors are positive role models whom work in coordination with the assigned Therapist and/or Behavioral Assistant, in order to help the youth achieve his/her identified goals through structured recreational, athletic arts, and cultural activities.

## MENTORING FOCUS AREAS:

- Decision-Making Skills
- Pro-Social Skills
- Healthy Relationship Building
- Social/Emotional Development
- Leadership Skills
- Problem Solving/Conflict Resolution
- Goal Setting/Career Planning
- Anger Management
- Time Management
- Organizational Skills
- Independent Living Skills
- Activities of Daily Living (ADLs)

New Life Counseling & Mental Health Services  
12 Prospect St, 2<sup>nd</sup> Fl, Bloomfield, NJ 07003  
office: (973) 748-0847 / Fax: 973-259-3706  
Email: [wellness@NewLifeMentalHealth.com](mailto:wellness@NewLifeMentalHealth.com)