

Life Changing Experiences

Make a Difference!

- **Help Our Community**
- **Turn your knowledge and experience into a rewarding growth opportunity for someone in need**
- **Volunteer for Compeer Rochester**
- **Flexible programs**
- **Lots of training and support**
- **Mentoring**
- **Youth and Adults**
- **Children of Prisoners**
- **Help with a special event**
- **Gain practical experience**
- **Join the nationwide movement to volunteer**
- **Make a Difference!**
- **Call or email Compeer Rochester today**

Impact of Mentoring

Friendship is something we can all take for granted, but imagine if you were unable to make social connections, life would feel very lonely and unfulfilling. For many adults and youth in our community experiencing mental illness those feelings of isolation are all too real. Luckily, participation in a mentoring relationship can help to lift those suffering from the effects of mental illness out of the darkness of social isolation and into the light of friendship and a renewed sense of well-being. By becoming a mentor you can help change the face of mental illness in America by breaking down the stigma and building up hope for a better tomorrow.



Fun and Rewarding

To help you have fun, Compeer provides free tickets to local activities such as concerts, movies and sporting events. Compeer organizes special events throughout the year where matches can get together as a group to enjoy a fun activity. Volunteer Networking Nights offer a chance to hear a guest speaker and connect with fellow volunteers.

The Need for New Volunteers is Growing!

More than 350 youth and adults have been referred to Compeer and are waiting for a friend. Our clients come from all walks of life, all races, all religions and from every neighborhood in our community.



It's Easy!

For an application or interview appointment just call 585-546-8280 or visit our website at www.rochester.compeer.org We'll answer all your questions and provide great training and support.

Impact of Compeer Rochester

A pioneer in mental health advocacy, Compeer Rochester is a nonprofit organization that matches community volunteers in mentoring relationships with adults and youth receiving mental health treatment or with emotional challenges. It is our goal to empower individuals by combating the effects of mental illness and creating a healthier, happier community overall. Compeer Rochester has been making friends and changing lives for more than 35 years.

One-to-One Mentoring

You can choose to become a mentor to an adult or youth who has similar interests and talents. Friends meet to share activities like movies, plays, sporting events, trips to area parks, or simply to enjoy conversation and each other's company. Volunteers are asked to meet regularly with their friend for a period of one year. There are also opportunities for families, couples or groups of friends to make mentoring a part of their lives. Bring a new friend into your life and make community outreach a part of your family's legacy!

Mentoring Children of Promise

Become a mentor to a boy or girl in our community who has a parent in prison. Besides the disruption to the parent-child relationship, these young people often face economic, social and emotional burdens. By becoming a mentor, you can help these youth find their way on a path toward a brighter future.

Compeer Calling

Compeer Calling volunteers provide interim telephone support to adult clients awaiting a match.

Compeer Rochester
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COMPEER ROCHESTER

Programs And Services



Making friends. Changing lives.

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