

Focus Plus is a team initiative developed to work toward helping persons in Monroe County achieve self-sufficiency through pairing volunteers from area faith communities and the community at large with persons who are participants in the Focus Program of Action for a Better Community or Free to Fly

Together we will:

- Facilitate the development of diverse friendships
- Connect community support to people who are building resources to transition toward self-sufficiency.



Being a Teammate is hard work, but some of the most important work I have ever done. Before now, I just paid lip service to issues surrounding poverty. Now I am in it with both feet. A Volunteer Teammate

Focus Plus Mobility Mentoring
(ABCRGR)
1100 S Goodman Street
Rochester NY 14620

Donations can be mailed to:
Focus Plus Mobility Mentoring
(ABCRGR)
1100 S Goodman Street
Rochester NY 14620



Program Goals

- Walk with people toward a state and place of self-sufficiency
- Build sustaining relationships
- Assist with complex issues
- Provide emotional support
- Show the community the barriers which prevent people from becoming self-sufficient

FOCUS PLUS MOBILITY MENTORING

A partnership of the Faith Communities of Rochester
NY

Tel: (585) 340-9520

Email: fplusbilitymentors@gmail.com

Preparing to be a Mentor

People face many issues and hurdles navigating the path to self-sufficiency. Understanding these issues and how to be most helpful is essential for mentoring persons wishing to be more self reliant. Prospective mentors must complete the following steps:

- Attend an orientation to help you understand what the Mobility Mentoring community is about.
 - You will learn about the context in which you will serve
 - You will learn how to walk alongside a mentee in a supportive relationship
 - You will be provided with initial tools and resources
- Required Reading: “Bridges out of Poverty” by Ruby Payne



It's time for individuals to stop blaming the community and for communities to stop blaming individuals."

Focus Graduate

Understanding the Structure

Who is the program designed for?

An individual or family who is interested in becoming self-sufficient. The willing participant must be attending either one of the self-sufficiency programs of Action for a Better Community or be a Free to Fly participant.

The Mentors

Adult volunteers (age 21 +) who will dedicate on average 2 hours/week for at least 6 months, to engage in an intentional support relationship with the program participants. Mentors support the participants in setting and achieving their own goals. Mentors can work one –on-one or in pairs.

On-going Training

Bi-monthly mentors will meet for “on the job” training. These meeting will also provide opportunities for support, additional resources and serve as a place to ask questions.

Other Volunteer Roles

In addition to mentors, volunteers will also be needed to GED tutoring and Job Readiness assistance.

Want a closer look? Contact us for details

OR

Send this Completed Form by Mail

FOCUS PLUS MOBILITY MENTORING (ABCRGR)

1100 S. Goodman Street
Rochester NY 14620
Fax: (585) 340-9520

Email : fplasmobilitymentors@gmail.com

Name _____

Street Address _____

City/State/Zip _____

Best phone number to call _____

Best day and time to call _____

Email _____



A partnership of the Faith Communities of
Rochester NY