



GOLD STAR YOUTH MENTORSHIP PROGRAM

Youth Program Overview

WHAT WEEKLY SESSIONS LOOK LIKE

- Youth and mentors meet with a *wear blue* leader at a designated local park.
- Youth and mentor discuss goals, training tips, and play games.
- Youth and mentor will participate in a training run. Participants do not have to be athletes.
- Throughout the program, youth will be provided opportunities to build their connection to a life of service through unique military experiences and their connection with their mentors.

INFORMATION ABOUT YOUR CHILD'S MENTOR

- Safety is our priority. Mentors are screened through a federal background check.
- Mentors participate in a rigorous interview and training process before meeting your child.
- Matches are formed based on common interests, led by the youth's priorities, to include his/her hobbies and military interests.

FREQUENTLY ASKED QUESTIONS

Q: My child is not a runner and/or has no interest in running. Is this program appropriate for them?

A: Yes! Our program uses the power of running as a tool to connect Gold Star Youth with their Military Mentors. The beauty of running is, it's an individual sport with individual goals. We support all capabilities and motivation levels of our participants.

Q: I can't make it to every Saturday run during the 10 week program. Can my Youth still participate?

A: Absolutely. However, we do ask that you try and attend a minimum of 7 of the 10 week meetups and you communicate with your Youth's Mentor and our Staff when you will be absent.

Q: My child does not like talking about the passing of their Parent/Sibling. Will they be asked to do so?

A: No. We respect the journey of every Survivor and will allow organic, youth-led conversation.

HOW TO REGISTER

Scan the QR code below or register at www.wearblueruntoremember.org/gold-star-youth-mentorship



wear blue:
run to remember®

