

Dunbar VHS partners with National CARES Mentoring Movement
supporting healing and emotional development in our young people



The **RISING WELLNESS MENTORING CIRCLES:**

- Small groups
- Anchored in Black culture
- Holistic
- Healing-centered
- Curriculum based

Promote self-esteem, academic confidence, racial pride and hope for the future

INTERESTED IN VOLUNTEERING AS A MENTOR?

Calling all **loving Black adults** to:

- Participate in wellness circles with students
- Build relationships
- Engage authentically and listen actively
- Volunteer 1 hour/week during the school day

Scan QR Code for Mentor Interest Form



Follow us on social media: @caresmentoring

Dunbar VHS partners with National CARES Mentoring Movement
supporting healing and emotional development in our young people



The **RISING WELLNESS MENTORING CIRCLES:**

- Small groups
- Anchored in Black culture
- Holistic
- Healing-centered
- Curriculum based

Promote self-esteem, academic confidence, racial pride and hope for the future

INTERESTED IN VOLUNTEERING AS A MENTOR?

Calling all **loving Black adults** to:

- Participate in wellness circles with students
- Build relationships
- Engage authentically and listen actively
- Volunteer 1 hour/week during the school day

Scan QR Code for Mentor Interest Form



Follow us on social media: @caresmentoring