



## Metropolitan Family Service

[www .metfamily.org](http://www.metfamily.org)

1808 SE Belmont Street  
Portland, OR 97214  
503.232.0007  
Fax: 503.232.9178

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Contact: Pat Kaczmarek,  
Marketing & Communications Manager  
Metropolitan Family Service  
503.232.0007, ext. 170  
[patk@metfamily.org](mailto:patk@metfamily.org)

FOR IMMEDIATE RELEASE

### **Metropolitan Family Service Celebrates National Mentoring Month with Expanded Programs in Gresham**

Portland, OR—December 29, 2008 — *Metropolitan Family Service* is pleased to be a part of National Mentoring Month (NMM) 2009, a month-long campaign dedicated to recruiting caring adult mentors for America's youth. Research has shown that programs that rely on volunteer mentors can play a powerful role in reducing drug abuse and youth violence, while greatly enhancing a young person's prospects for leading a healthy and productive life. NMM aims to raise awareness of the various forms of mentoring; recruit individuals in the community to mentor; and promote the rapid growth of mentoring in our community and across the nation.

#### **10 THINGS TO DO IN JANUARY**

- Become a mentor in your community.
- Learn more about mentoring.
- Partner with a mentoring organization.
- Tell 5 friends about National Mentoring Month.
- Think about the mentors in your life and post a tribute to them online.
- Watch videos of celebrities such as Quincy Jones, Sting, Cal Ripken, Jr., talk about the mentors in their lives.
- Read the latest research and find resources on mentoring.
- Go to YouTube on Thank Your Mentor Day (January 22nd) and make the National Mentoring Month videos the most popular of the day!
- Serve your community on MLK Day of Service by deciding to become a mentor.
- Make a donation to a mentoring organization in your community.

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WHILE ENHANCING  
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*Metropolitan Family Service* (MFS) is supporting this national effort by expanding its mentoring services and issuing a call for volunteer mentors from the community. January 22, 2009, is Thank Your Mentor Day™. Metropolitan Family Service will be



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hosting a Open House party at our Gresham Office for our volunteer mentors. In addition to providing information about mentoring options in your area, this event will honor current mentors and give community members a chance to talk with them about their experiences.

*MFS* is dedicated recruiting mentors for the youth of the Portland Metro area. Everyone benefits when our young people are prepared for the future.

**MFS offers 3 mentoring options for volunteers: Foster Grandparent, Experience Corps, and the new Face to Face mentoring project in Gresham!**

**Each program has unique goals and eligibility, but offers something for everyone.**

For additional information or to become a mentor, please visit [www.metfamily.org](http://www.metfamily.org) or call 503.970.8409.

## **Background Information**

About **Metropolitan Family Service (MFS)**: For more than half a century, Metropolitan Family Service has played a vital role in the lives of children, families, and older adults. We provide services at more than 140 sites, including more than 66 schools. Metropolitan Family Service makes connections that strengthen the lives of 32,000 individuals and families each year.

For more information contact Brendon Bassette, Program Coordinator, at 503.970.8409, or Pat Kaczmarek, Marketing and Communications Manager at 503.232.0007 ext.170, or visit us online at [www.metfamily .org](http://www.metfamily.org).

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