



AFK Youth Mentoring



Looking for a way to make a difference? Become an AFK Mentor!

The AFK Youth Mentoring Program is not about sports, but about building supportive relationships between children who have disabilities and high school athletes.

AFK is currently recruiting athletes in Liberty High School in 10th and 11th grade who are passionate and dedicated to making a difference in the life of a child. Being an AFK mentor is fun, rewarding, and a great way to serve!

89% of AFK's graduating seniors reported that being a mentor improved their emotional well-being.

WHY BEING **A MENTOR** IS **GOOD** FOR YOUR HEALTH



Improved Self-Esteem



Longer Life



Sense of Belonging



Increased Happiness



Reduced Stress

Our mission is to enhance the lives of children who have disabilities and special needs and the high school athletes who mentor them.

If you are interested in learning more about the AFK Youth Mentoring program, please contact us: www.athletesforkids.org T: 425.369.2142 / E: contactafk@athletesforkids.org