

SOS Mentor

Making a difference in a child's life – now and in the future!

SOSMentor, Socrates Opportunity Scholarship (SOS) Foundation, is the result of work by dedicated people with extensive experience in teaching, curriculum development, and creating award-winning mentoring programs that have served as a model in school districts throughout the United States.

How Can You Get Involved?

Be a Mentor

Who doesn't want to be a superhero?

As a mentor you can...

- be a role model for teens
- make a BIG impact with a small time commitment (7 1/2 hours)
- reinforce healthy habits and positive life skills
- guide youth toward college
- make a difference in a child's life – now and in the future!

Be a Volunteer - If the mentoring time commitment is too much, consider one-time activities and events.

Sponsor a Youth - Invest in the future of a youth, by being an SOSMentor Youth Sponsor. A gift at any level will go a long way in the life of a child.

The Bottom Line

SOSMentor gives you the opportunity to creatively engage youth and their families, making life differences, one youth at a time.

About SOSMentor

SOSMentor began as a college readiness program in 2000, which over time, evolved into two distinct programs: ShapeUp and College Knowledge.

The SOSMentor programs target elementary, middle and high school students living in the inner-city neighborhoods of greater Los Angeles.



College Knowledge

College Knowledge – provides high school students with direct college and career mentoring with the opportunity to learn about the skills and training necessary to graduate high school and be successful in college and beyond.



College Knowledge volunteers and staff help motivate and train students to be successful in a variety of careers.



Youth are exposed to resources, options, and opportunities to help them reach their academic and career goals.

**Making Life Differences
One Student at a Time!**



**ShapeUp:
Healthy Steps for
Healthy Lives**

ShapeUp Program – an after school nutrition education and fitness mentoring program that addresses childhood obesity and other health-related issues among at-risk students in schools throughout the Los Angeles Unified School District.

Our program strives to reform the norm that accepts obesity and sedentary lifestyles and replaces it with a norm that expects fresh, healthy food and active living.

As a partner organization with the Network for a Healthy California, SOSMentor is in a unique position to match funds raised to support its ShapeUp program.

Because of the ShapeUp Program

- 72% of ShapeUp graduates now snack on fruits and vegetables every day
- 47% read food labels when grocery shopping
- 66% show a decrease in drinking soda



Our Partners



Kaiser Permanente
Nestlé USA



Who We Are

SOSMentor, Socrates Opportunity Scholarship (SOS) Foundation, a non-profit, 501(c)(3) organization providing academic mentoring, resources, and educational support to underserved students and their families.

Our Mission

is to educate and motivate underserved youth in greater Los Angeles in healthy eating, fitness, college readiness and career planning through after school mentoring programs.

Our Vision

is for all youth to live a healthy and active lifestyle and reach their college and career goals.

What We Do

SOSMentor utilizes a unique mentoring approach to educate and train youth throughout the most disadvantaged areas in Los Angeles. Adult volunteers mentor high school students who then provide mentoring to elementary school students in their community, making life differences, one youth at a time.

**Making Life Differences
One Student at a Time!**

Did you know?

- An estimated 17% of children and adolescents (over 9 million) are overweight or obese – a number that has tripled since 1980*
- Over 38% of LAUSD students are overweight, and many more have little understanding of how nutrition and fitness affect their lives**
- Inner city schools have the highest drop-out rates – some as high as 60% in Los Angeles***

*2003-2006 National Health and Nutrition Examination Survey.

**2003 California Children's Healthy Eating and Exercise Practices Survey (CalCHEEPS).

*** U.S. Census Bureau, Current Population Survey, Annual Demographics Files for Trends, and American Community Survey (2007); Associated Press article.

SOSMentor works to change this... one youth at a time.

"Thanks to this (ShapeUp) program, I now make healthier food choices. I make sure I exercise more than before and eat more fruits. I also started drinking more water. I am very thankful for joining this program."

~ **Guadalupe Solis,**
Santee Student

"By the end of the 6-weeks (of the College Knowledge program), the students have an understanding and are excited about applying for college."

~ **Alan Bernstein, Pace Printing,**
LA Rotarian Volunteer Mentor



Contact Us

Robert Donahue
Carole Donahue
SOSMentor
23945 Calabasas Road,
Ste. 116A
Calabasas, CA 91302

Email: info@SOSMentor.org
Phone: (818) 222-4243
Robert Dir: (818) 531-8700
Carole Dir: (818) 645-1000
Fax: (818) 222-7897

www.SOSMentor.org

Look for SOSMentor on
[Facebook](#) and [Twitter](#)



SOSMENTOR
SUPPORTING
OUR STUDENTS

**Making Life Differences
One Student at a Time!**



(818) 222-4243
info@sosmentor.org
www.SOSMentor.org