



Refer a Youth to Breaking Away

Know a young person in Gaston County who could benefit from a mentor in their corner? Reach out — we'll walk you through it.

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PROGRAM MANAGER

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HOW TO REFER

- 1 Contact us by phone or email with the youth's basic information.
- 2 Our team follows up to confirm eligibility and next steps.
- 3 Youth is matched with a mentor and welcomed into the program.

GROWING WITH TRUST · SERVING
GASTON COUNTY, NC

WHO WE SERVE

Youth voice leads
every plan we build
together.

Breaking Away is a structured mentoring and interpersonal skills development program for Gaston County youth ages 11–17 who are justice-involved or at risk of court involvement. We pair every young person with a caring mentor and a path built around their own goals.

ELIGIBILITY

- Youth ages 11–17
- Resides in Gaston County
- Justice-involved or at risk of court involvement
- Referred by school, court, DSS, or family

OUR GOAL

We help youth grow more independent, self-sufficient, and successful — while making sure their voice stays at the forefront of every plan and decision.

A PROGRAM OF



*Structured mentoring &
interpersonal
skills development for Gaston
County
youth ages 11–17*

GROWING WITH TRUST · GASTON
COUNTY, NC

WHAT WE FOCUS ON

Building Skills That Last

Every mentoring relationship works toward five connected areas of growth.

01 YOUTH ADVOCACY

Learning to speak up and be heard in decisions that affect their own lives.

02 LEADERSHIP DEVELOPMENT

Building confidence to guide themselves and others.

03 EMOTIONAL WELLNESS

Developing healthy coping tools and self-awareness.

04 WORKFORCE READINESS

Practicing the habits and skills employers look for.

05 INDEPENDENCE & LIFE SKILLS

Communication, decision-making, and self-advocacy for everyday life.

OUR APPROACH

The Climb: Our 3-Phase Model

Mentors meet youth where they are, then step back as confidence grows.



*Every phase keeps one thing constant
— your voice at the center of the plan.*

PROGRAM STRUCTURE

What to Expect

● Individual Mentor

Weekly one-on-one meetings built around each youth's own goals.

● Group Mentoring

Every other Monday, 5:00–7:00 PM, with peers in the program.

● Educational Field Trips

Hands-on experiences that build skills beyond the classroom.

● WRAP Training

Wellness Recovery Action Plan skills for lifelong self-management.

Know a youth who could benefit?

See the back panel to make a referral.