

BOWLER INFORMATION & DONATION





2023

Youth Mentoring Bowl-A-Thon

Sunday, March 26

HELP RAISE FUNDS TO SUPPORT YOUTH MENTORING



MENTORING IS SIMPLE!

FORM A BOWLING TEAM OF FIVE PEOPLE

HELP RAISE FUNDS TO SUPPORT YOUTH MENTORING



\$500 SPONSORS



The Allamakee County Attorney's Office & The Allamakee County Sheriff's Department

\$300 SPONSORS



BOWL-A-THON PROCESS



REGISTER TO BOWL

Register by March 20 to get the time slot you prefer: 1:30pm, 3:00pm, or 4:30 pm. You can register yourself or multiple bowlers at www.helpingservices.org/YMBOWL

COLLECT DONATIONS

Each bowler is asked to collect or donate at least \$25 to support mentors and mentees, as they make and build their mentoring friendships.

BOWL ON SUNDAY, MARCH 26, 2023

Bring your fundraising sheet and donations to King Pin Entertainment Center in Decorah! Please plan to arrive 15 minutes prior to your bowling time to check in, get your shoes, and select your lucky bowling ball!

* This event is nicotine-free and alcohol-free.

\$100 SPONSORS

Bodensteiner Implement
Burke Real Estate
Bruening Rock Products, Inc
CUSB Bank
Decorah Lions Club
Driftless Integrative Psychiatry
Hawkeye Sanitation
Kelly Real Estate
Kwik Star
Mississippi Welders
Novak Electric
Say Now!
Waukon State Bank/Viking State Bank

FUNDRAISING SHEET

Thank you for supporting the mentoring mission. Donations benefit youth in Allamakee, Howard, and Winneshiek County.

Each bowler is asked to collect a minimum of \$25. To donate online go to www.helpingservices.org/ymbowl



Name: _____

Email: _____ Phone: _____

Gifts are tax deductible. All who give \$10 or more will be sent a thank you letter. Each donor's postal address is greatly appreciated.

Donor's Name Address/City/Zip Amount

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Check the box if you would like information about becoming a mentor.

Total Donations:

Please make checks payable to Helping Services for Youth & Families. Write "Mentoring BAT" in the memo.

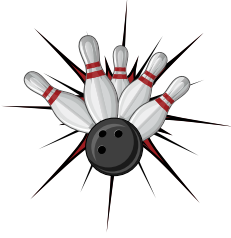
WHY THE BOWL-A-THON?

1 The funds raised during the bowl-a-thon allow bowlers and donors to pay it forward and to empower youth.

2 The money donated is invested in youth in your community by providing them with a mentor.

3 ALL funds support things like:

- o mentor activities
- o mentor recruitment
- o background checks
- o events and trainings



MENTORING IS SIMPLE!

Mentoring is simply being a friend. It takes a minimum of four hours a month doing activities that you already enjoy.

If you would like to:

- become a mentor
- sign your child up to have a mentor
- further support mentoring

contact Colinne or Kathy

at 563-387-1720 or email mentoring@helpingservices.org



ABOUT THE CAUSE

Youth Mentoring's goals:

1. Have positive relationships with others
2. Increase their self-esteem
3. Maintain or strengthen their ability to resist use of alcohol, tobacco, and other drugs
4. Maintain or strengthen their ability to resist being involved in problem gambling
5. Be hopeful about their future
6. Increase or enhance their positive attitude towards school
7. Provide opportunities to enhance their social skills
8. Provide opportunities for new experiences