

The Rising: Elevating Education, Expectations & Self-Esteem®

DEAR SEATTLE RISING COUNSELORS, EDUCATORS, AND PARENTS:

Welcome to The Rising Wellness Group Mentoring Program! The overall goal of The Rising is to transform the lives of young people by encircling them with caring adults who are trained to deliver a transformational healing curriculum that challenges and affirms, encourages and inspires. The curriculum is rooted in prevention and teaches principles, practices and other support efforts that provide coping and other mechanisms needed to mitigate the impact of the disparities and dysfunction ruining young lives. Integral to the program is the cultivation of cultural pride and high self-esteem, the development of critical-thinking and literacy skills, and a love for learning and high achievement among our young who are losing social, emotional and academic ground. In addition to working directly with students, the program works by improving the culture and relationships between students and school staff.

PROGRAM COMPONENTS



Mentors

Our trained and screened mentors are recruited by our local Seattle CARES affiliate and guided and sustained by our program staff. Mentors come and work with the students in Wellness Mentoring Circles each week.



Wellness Mentoring Circles

Wellness Mentoring Circles are the vehicle through which The Rising curriculum comes alive. We include these circles in one period during the school week during an elective class such as a gym period. The sessions are facilitated, single-gender safe-spaces where students learn critical social and emotional skills; are rooted in racial pride; and can share triumphs and tribulations.



Curriculum

The Rising curriculum is delivered weekly in Wellness Mentoring Circles, and was developed using the expert analysis and teachings offered by the National CARES Mentoring Movement's 60-person brain trust of scholars, wellness professionals, educators, artists, and advocates listed in the training manual, *A New Way Forward: Healing What's Hurting Black America*.



Committed Program Staff

A key strength of our program is our highly skilled and dedicated program leaders, as well as our trained facilitators who have advanced degrees in counseling, social work, or psychology, as well as a history of working successfully and lovingly with young people.



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