

This quarter, NWC is happy to feature [Bolder Options](#), an activity-based, one-to-one youth mentoring program that seeks to build self-esteem and healthy habits in 10-14 year old youth. Young people in the BOLD program are paired with an adult mentor who challenges them to participate with them in a variety of activities including running & biking, academic goal setting, and volunteerism. With a focus on inspiring young people to achieve physical health and push the limits of what they believe they are capable of doing, mentors and youth achieve things they did not know were possible.

We Care

The mission and vision of [Bolder Options](#) is to teach youth to succeed in all of life's races by building a community of caring relationships that support youth as they develop. The organization honors the needs for young people to have positive one-on-one relationships with adult role models by offering innovative, strengths-based mentoring program that focuses on empowering youth to expand their expectations and potential through an intricate web of support that encompasses the entire family. According to the [Bolder Options](#) website, the organizations programs combine mentoring, goal setting, athletic activities, learning support, case management, life-skills education, volunteerism, community support and parental involvement that all work to help foster the social and academic success of youth who are at risk of academic failure, dropping out of school and developing delinquent behaviors.

We Give

NWC has supported [Bolder Options](#) for the past few years with the goal of helping the organization coordinate the resources needed to make [Bolder Options](#) programming happen. Moreover, NWC is committed to the mission of [Bolder Options](#), and has witnessed the ways that the organization helps young people form healthy habits, build confidence, instill trust and improve their quality of life. In the broader context of society, it is hoped that supporting organizations such as Bolder Options will not only improve the lives of local youth, but it will also lead to healthier communities, improved economic conditions and a stronger world.

We Serve

The opportunity to serve with [Bolder Options](#) is an exciting and challenging experience. During the year, youth and mentors meet 2-4 hours per week, working on the objectives such as:

- Participating in running/biking and academic activities
- Setting 3 goals and action plans for academic, athletic, and community success
- Training for and completing three to twelve community races or rides
- Completing at least two volunteer activities in their community
- Attend educational meetings focusing on healthy behaviors and positive choices with other [Bolder Options](#) pairs
- Participate in a variety of community activities that match their interests and abilities

New Wave Components hopes that you enjoy learning more about [Bolder Options](#) and encourages you to learn more, including how to become a mentor by following the link to the [Bolder Options](#) website and click the volunteer section.