

## ABOUT ME

My name is Riley Grogan and this is my program. I am a full time college student at Widener University studying to become a nurse. My passion has always been to help kids, whether in the medical field or around in my community. I have participated in many different types of volunteer work. I have been a buddy to kids with special needs allowing them to get out and play other kids that also have disabilities. They participated in games like soccer, baseball, cheerleading, softball, basketball. I have also been a mentor to kids in middle school and high school who have been diagnosed with ADD, Anxiety, Depression, Panic Attacks, and Eating Disorders. I have also facilitated peer groups for kids who have struggles in their household.

Thinking about being a mentor?

Contact us below!



## Contact Information



(856) - 495 - 2369



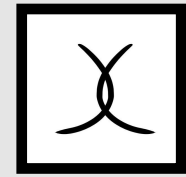
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T.Y.M

TOGETHER YOUTH MENTORING



Together Youth Mentoring

Our mission is to create an environment that allows everyone to share their story and become their strongest selves.

## WHY MENTORING?

Think of it as a friend, somebody who can help you with everyday struggles. Someone who can allow you to get in touch with others that may be going through similar problems. Here you will find similar kids / teens/ young adults who understand what you're going through and can relate.

We can all work through our problems together. Your voice will be heard. Join us and let a friend help.

## WHO'S MY MENTOR?

Our website has profiles of our mentors that will allow you to get to know them better. There is a questionnaire on our website (claritycarenj.com) that you can fill out and can be matched to a mentor best suited for you. This will help us get a better understanding about the client joining the program, and so you can get to know more about us as well!

Allow  
YOUR  
voice to  
be  
heard

## ABOUT MY MENTOR

All of our mentors have experienced some episode of tragedy in their life or have felt a great deal of what you are going through, whether it be anxiety, depression, the loss of a loved one, uncommon behavior in the household, loved one with substance abuse, or any experience of grief or uncommon behavior.



## What can our mentors help with?

1

### Anxiety

Anxiety from: School phobia, Generalized Anxiety, Social Anxiety Disorder, PTSD, OCD, Panic Disorder,

2

### Depression

Depression regarding: Major Depressive Disorder, Bipolar Disorder, Seasonal Affective Disorder, Loss of a loved one, Atypical Depression, loss of something that had a major impact on your life.

3

### Divorce

We can help with divorce regarding the grief, loss, and how to deal with the arguing between parents, and possible addition of a step-parent.

4

### Eating Disorder

If you are diagnosed with an eating disorder, you need support. We can help you cope with your feelings and diagnosis

5

### Special Needs

We can help provide support and mentoring for kids with needs that may be unique to them

## Peer Connection Group:

- Divorce Group
  - Problems at home including splitting time between your parents, abuse, feeling alone
- Anxiety Group
  - Validating your feelings and need somebody to listen and relate to what you are experiencing
- Eating Disorder
  - difficulties with nutrition and eating. You may need to be heard. You will have a voice and be allowed to express your feelings
- Depression
  - Having the feeling of hopelessness, isolating yourself from others? Here we understand what you are going through and will help you break those barriers.

Dates for these groups are To Be Determined