



Valo Sponsorship Opportunities

Join us in taking a proactive approach to supporting the mental health of young people through conversation.

Valo guides young people to cultivate emotional wellbeing. Youth are struggling - social media, the pandemic, and our disconnected society have all played a role.

Valo youth:

- Engage through meaningful conversation
- Enjoy time unplugged
- Listen empathetically
- Build resilience
- Connect with community
- Spend time outside

Valo empowers young people to build social connections and hone tools to thrive. Teens build relationships using Valo's ways of being: openness, curiosity, vulnerability, and connection.

connect at valomaine.org

valo

Ignite Their Spark

Feed the Fire

Spread Light



- Sponsor a teen to participate in Valo's year-long program that allows young people to connect meaningfully with peers and adult guides while building critical communication and social skills to thrive.
- "I went into Valo with a hope for a new beginning - a place where I wasn't afraid to make connections, a place where I felt like I belonged and that my presence was noticed. Valo was the first time I found this." - Valo teen



- Sponsor a program for 12-15 youth in partnership with a nonprofit in one of three Maine communities that are historically underserved. Youth participants connect meaningfully with peers and adult guides while building critical communication and social skills to thrive.
- "I learned how to listen to my peers in a deeper way. In a world where people are too busy on their phones to listen to what those around them are expressing, the ability to step away from my phone and make face-to-face connections will last me a lifetime." - Valo teen



- Sponsor a diverse group of 12-15 teens to gather for a year-long, monthly evening program that provides space for them to express themselves authentically. The teens build connections and learn critical skills to thrive.
- "I've been able to connect with people who I may have not talked to or connected with if it weren't for the bonding that happens at Valo." - Valo teen

A Glimpse Into Valo

95%

of youth report feeling their overall sense of wellbeing as good, very good, excellent or exceptional following Valo programs

94%

of partner program respondents report feeling more connected to others at school

78%

of partner program respondents feel more open to differences in peers



"The skills I learned at Valo: Listening, connection, and mindfulness have helped me go places in my life and build connections with others that I never thought I could."

-Valo teen

"Valo helped me grow from a despondent, lonely teen to a fierce, open, and happy woman. And I love that's who I am in the world today."

Maria, Valo alum



Valo's Community Impact

Valo-Served Communities

Arrowsic
Bath
Brunswick
Cape Elizabeth
Cumberland
Edgecomb
Falmouth
Freeport
Lewiston
Scarborough



South Portland
New Gloucester
Poland
Portland
Pownal
Windham
West Bath
Westbrook
Woolwich
Yarmouth

Valo teens bring life skills and tools into their communities:

- Improved emotional wellbeing and resilience
- Ways to identify, process, and openly share feelings
- A practice of active listening
- Empathy and a capacity to understand different perspectives
- Confidence to speak up for positive change
- The ability to cultivate connection and build community

ignite their spark. feed the fire. spread light.

valomaine.org