

Our Purpose

theUPcenter
SINCE 1883

Investing in Potential

Team Up connects kids with caring adults who listen, guide, and help them grow. A mentor can make a big difference in a young person's life.

Why Team Up?

We believe in the power of one-on-one mentorship to transform lives and build lasting relationships.

You're not alone

You'll be part of the Team Up family. Our staff stays in touch and supports you the whole time.

We carefully match you

We get to know our mentors and mentees so we can pair you with someone who shares your interests and values.

Trey faced tough times, but with his mentor's help, he found a job and now dreams of starting his own business.

Become a mentor today!

(757) 337-3414

Call or
inquire online

theupcenter.org/teamup



★ *Team Up is located at the following locations!*

The Up Center

580 E. Main Street, Ste 400 | Norfolk 23510

★ 222 W 19th Street | Norfolk 23517

109.5 Clay Street | Suffolk 23434

www.theUPcenter.org

The Up Center is a 501(c)(3) nonprofit organization.



Team Up

Youth Mentoring Program

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Connection

Team Up Events

Blocker Family YMCA Norfolk

Join us every second Sunday for our monthly workshop and enjoy amenities such as:

- Swimming
- Basketball
- Teen Zone

The Horizon Awards

Join us every summer as we celebrate the accomplishments of our Team Up youth with other mentors, mentees, families, and community members.

Holiday Party

Get into the holiday spirit as we get together for a holiday celebration for our mentor and mentees. Enjoy activities like dinner, cookie decorating, games, and music. You don't want to miss out!



Your Impact

Ellie lost her parents, but her mentor helped her heal. She's now in college and speaks to inspire others.

Are You the Right Fit?

- 20 years or older
- Live in South Hampton Roads (Virginia Beach, Norfolk, Suffolk, Portsmouth, or Chesapeake)
- Hold a valid driver's license and car insurance
- Willing to complete a background check
- Able to commit at least 2 hours a week for one year

A Great Mentor

The key to a successful mentorship is being a mentor who is excited, willing, open, and honest. These qualities build genuine connections. Excitement and willingness show your mentee they're valued. Openness and honesty create a safe space for growth, leading to deeper learning and meaningful impact.

Support



Not Ready Yet?

That's okay! Becoming a mentor can be a big decision, but you can still show support.

How you can help

Team Up is funded 100% by community contributions. Your donation will make all the difference in the life of a child who is seeking guidance and support. Donations to support program activities are also needed, including:

- Tickets to sporting events
- Passes to Latitude Climbing and Fitness, Go Ape, Busch Gardens, Color Me Mine
- Passes to local museums and parks (Children's Museum, Aquarium, Norfolk Zoo, Botanical Gardens, Funville)

Make your impact and donate today!

theupcenter.org/teamupdonate

