

## Mission Statement

The "100 Black Men of Greater Seattle" mission is to improve the quality of life within our communities and enhance educational economic opportunities for all African Americans to give them social and psychological confidence through positive reinforcement and mental discipline.

The purpose of the corporation shall be to provide educational programs which will assist underrepresented, low income and African American populations to achieve economic independence and personal, professional prosperity.

*Real Men. Giving Real Time.*

### Get Involved Today!

For more information or to make a donation:

Contact us at:  
[www.100bmgseattle.com](http://www.100bmgseattle.com)

or mail this form to:

100 Black Men of Greater Seattle  
1700 7th Ave. Suite 116 #334  
Seattle, WA. 98101

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

EMAIL: \_\_\_\_\_

100BMGSEATTLE  
253-833-2305

100 Black Men  
of  
Greater Seattle

*Mentoring*

*Education*

*Health &  
Wellness*

*Economic  
Development*

*Dedicated to providing  
African American youth  
with quality educational  
programs and  
opportunities*

## *100 Black Men of America, Inc.*

The first chapter was founded in 1963 and now the organization has hundreds of chapters throughout the US, along with chapters in Europe, Africa and the Caribbean. Signature programs such as mentoring the 100 way and the collegiate 100 have supported over 100,000 youth globally.

Locally Chapters touch the lives of young people and their families daily. The organization awards over \$1 million in college scholarships annually. To learn more about 100 Black Men of Greater Seattle programs, how to become a sponsor, how to volunteer, or how to support the 100 campaign, contact us today.

## *Four For The Future Programs*

**Mentoring** is the cornerstone of what the organization brings to the community by guiding youth in life experiences, fostering a positive self-perception and self-respect, encouraging excellence in education, and the pursuit of positive life-long goals.

**Education** programs deliver support services, which help youth achieve their educational goals.

**Health & Wellness** is a vital component of a thriving community. The 100BMG Seattle teams up with other non-profit organizations to promote preventive health strategies, deliver screenings and provide education on prevalent African American diseases.

**Economic Development** programs focus on financial literacy, family wealth building and entrepreneurship. Through comprehensive curricula and training classes, these programs work to promote economic self-sufficiency.

## *Who can become a 100BMG Seattle Mentor?*

Men from all walks of life participate in the 100BMG Seattle. They have a common goal of providing group mentoring programs that develop the mind, body and spirit of today's youth.

Consider joining the chapter and becoming a 100BMG Seattle mentor today. You will be investing in the lives of young people and your community.