

October 2023

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Epic, Moab's Mentor Newsletter

Grand Area Mentoring • (435) 260-9646

Our Time, This Place



BriNiya & Angela



Leena & Linda



Alyssa & Kailee



Melissa & Christopher



Pro Tip! "Trauma-informed" can also mean healing-centered. Join us to learn about this crucial approach to mentoring.

Trauma-Informed Mentoring (Part 1) VIDEO PRESENTATION w/ Kelly Vagts

When: October 24th, 5:15-6:15pm

Where: Zoom, look for link on email

Mentors will learn what trauma is, how it affects children developmentally, why mentors should use a trauma lens, plus skills to help mentees overcome hurdles. This is mentoring gold!



Moab's New Teen Center!

This has been designed as a free, safe, equitable space. It is supervised by staff at all times. (Christina and Alyssa also happen to be mentors!)

Location: Moab Community Resource Center (old USU building) at 150 West 200 South (west building)

Hours: open after school Monday through Thursday, 3pm-8pm. Fridays, 2pm-8pm.

Mentors and mentees are invited to drop in anytime! Mentees can show mentors what's available to teens, and they can choose a joint activity. Mentors might be able to introduce their mentees to games and activities from their lives in this space too!

Check out all the resources, which include: ten teen computers, a ping pong table, card games, chess, several gaming consoles, a 3D printer, food (from Kid's Café at Grand County Public Library and donations), school supplies, Southeast Utah Health Department resources like dental hygiene kits, VR headsets, and more!



This Month in Mentoring

- **October 24, 5:15pm, via Zoom: Trauma-Lens Training with Kelly Vagts (on video).** Even if you've seen this before, you can't do it enough! Vital knowledge for helping your mentee! We'll gather via Zoom to watch the video together from the comfort of home or office. See box above.
- **October 28, 11am-4pm, WabiSabi: Fall Festival.** Costume making, games, live music, nonprofit booths, and more! Bring some canned goods to donate to the local food banks. Great event for community-based mentoring (CBM)!
- **October 31: Halloween!** Check out the crafts available to mentors and mentees. See reverse.
- **November 15, 3:15-5:15: Arches NP hike!** Calling all adventurers! Grand Area Mentoring in partnership with Friends of Arches & Canyonlands Parks invites 10 mentor-mentee duos to join a unique Interpretive Hike with a Ranger in Lower Courthouse Wash, a hidden gem of Arches National Park. Put it on your calendar! RSVP to 260-9646 or grandareamentoring@gmail.com

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Another New Mentor Orientation!

Join us for Grand Area Mentoring's second new mentor orientation of the school year. No obligation. Fall is the perfect time to learn more about Moab's most rewarding volunteer position!

- October 3rd, 5:15pm, RSVP if you want pizza!
- Margaret Hopkin Middle School
- Call or text (435) 260-9646 or email grandareamentoring@gmail.com to register.



Mentoring Idea of the Month #1: Get Halloweeny!

Halloween is hugely popular in Moab! Few other holidays provide such rich opportunities for celebrating the creative spirit. At HMK, Grand Area Mentoring has provided a stash of kits and supplies for making cards, crafts, and monsters oh my! Fun foods and activities can be great too!



Idea of the month #2: Go to Back of Beyond Books!

Grand Area Mentoring is pleased to announce Back of Beyond Books has sponsored the Books for Mentees program in 2023/2024!



Let's spread the love of reading and the benefits of literacy to our community's promising youngsters by providing free books. For many of our mentees, this will be a rare opportunity to choose a book at their reading level and in their area of interest – whether that's middle-grade, graphic novels, young adult, picture books, or nonfiction. To participate:

- 1) Mentors plan an off-campus outing to the bookstore. Tell Megan when your plan is complete. Call or text: 435-260-9645.
- 2) Claim a book voucher from Dan or Megan. These vouchers are good for book(s) at Back of Beyond, valued up to \$25 (including tax)!
- 3) During your off-campus outing, carefully venture down to Back of Beyond and browse their awesome selection. ***Don't forget to bring the voucher, which must be turned in for redemption.***

Help your mentee look at the various sections of the store. Ask about their favorite things to read. Help spend the \$25 wisely. Whatever books you help your mentee choose will be theirs to take home, to own – no catches, no obligations. Enjoy! Huge thank you to owner David Everitt at Back of Beyond Books for making this happen!