

October

2025

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Epic–Moab's Mentor Newsletter

Grand Area Mentoring • (435) 260-9646

Seasons of Change



Don't let the moment push your buttons. Find poise in mindfulness.

Mindfulness for Mentoring Workshop

Date/time: October 7, 4:30-5:30

Where: HMK Elementary School Mentoring Room

The Skinny: Feeling centered is crucial in providing a quality mentoring experience. This workshop will take a tour through several simple, calming mindfulness practices that will help us be at our best. Ask Megan or Dan for 3 months free of the Waking Up app.



Arches National Park Hike in Park Ave!



Date: October 22nd

Time: 3:15-5:30pm

Where: Meet Teresa at designated location

The Skinny: Hike with a ranger in Arches National Park!

Explore the red rock formations and beautiful scenery of Arches as we hike the ~1 mile Park Avenue Trail which winds through towering sandstone walls, monolithic spires, and distinctive rock formations such as The Organ, Three Gossips, and Tower of Babel. After an initial descent down some rock stairs, the trail is considered easy along the sandy canyon floor. Made possible by Friends of Arches and Canyonlands. **RSVP with Teresa at munisterit@grandschools.org**



This Month in Mentoring (and beyond)

- **October 7, 4:30-5:30: Mindfulness for Mentoring Workshop.** See box above.
- **October 14: 5% Day at Moonflower Market!** Do a big buy on the 14th and 5% of your purchase will go to Grand Area Mentoring! Thank you to Moonflower for believing in the youth of Moab and supporting the nonprofits of our community.
- **October 17: No school.**
- **October 22, 3:15-5:30: Arches National Park Hike!** Join us for an adventure through one of earth's most stunning places. See box at left.
- **November 4, 4-5: Trauma Lens Training Part 1 on Zoom with Kelly Vagts!** Join from the comfort of your own home or office for this video. We will screen our one-hour essential training on trauma-informed mentoring. Mark your calendar.
- **November 5: 3:15-6: Hell's Revenge Adventure Tour with High Point Hummer!** Community-based matches are invited to join for this 2-hour excursion. Space limited. See box at left.
- **November 12, 5:15-7pm @ Middle School: New Mentor Orientation!** Tell your colleagues, and family members. The month of Thanksgiving is a great time to pass it on! (Pizza dinner provided!) RSVP: (435) 260-9646



Date: November 5th

Time: 3:15-6pm

Where: Meet Teresa at designated location

The skinny: Join High Point Hummer & ATV for an exciting 2-hour hummer tour featuring visits to secluded canyons, hidden arches, prehistoric dinosaur tracks, and awe-inspiring overlooks as we ascend over petrified sand dunes to the top of the buttes surrounding Moab.

Space is limited so RSVP with Teresa at munisterit@grandschools.org



Mail:

Grand Area Mentoring
264 South 400 East
Moab, Utah 84532

Phone/Text:

Daniel (435) 260-9646
Megan (435) 260-9645
Teresa (435) 260-2282

Email:

grandareamentoring@gmail.com

Web:

www.grandmentoring.org
facebook.com/grandareamen

Dhyana & Burgan



**2025/2026 Mentor
Recruitment Ticker**

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New Mentors

**2025/2026 Mentoring
Heroes Ticker**

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Automatic Monthly Donors

Mentoring Idea #1: Halloween crafts at HMK!

One of Moab's most popular holidays is fast approaching. Explore the craft supplies available at HMK for fun and frightening inspiration! Masks, pumpkins, stickers, orange and black pipe cleaners – see who can make the spookiest craft! Send us pics for next month's newsletter!



Jerry & Harlen on the
OARS-sponsored
river trip!

Thank you
OARS!



Gatlin & Sock

Mentoring Idea #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 2025/2026! Thank you, BoBB!



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 books (not toys) 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!