

October

2026

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# Epic–Moab’s Mentor Newsletter

Grand Area Mentoring • (435) 260-9646

## Seeing vs. Perceiving



### Special Training Opportunities!

Charlie Appelstein is coming to Moab to train mentors, agencies, and the community! Don't miss these important mentor trainings in October! Mentors are invited to all of the following:

### 1) Bringing Out the Best: Strength-Based Mentoring

**Tuesday, October 27 • 10:30–Noon • Margaret Hopkin Middle School**

Join Charlie for a lively, practical training on bringing a strength-based approach into your mentoring relationship. Learn ways to reframe challenging behavior, build connection and competence, and help young people see their strengths, possibilities, and potential.

### 2) Taking Care of Number One

**Tuesday, October 27 • 5:00–6:00 PM • Margaret Hopkin Middle School**

Caring for young people is meaningful work—but it's also demanding. In this special mentor training, Charlie will explore practical ways to take care of ourselves, maintain perspective, and keep bringing patience, energy, and our best selves to mentoring.

### 3) Helping Children Grow Up Happy: A Community Training with Charlie Appelstein

**Wednesday, October 28 • 5:00–6:30 PM • Moab Regional Hospital Education Room**

Parents, teachers, mentors, and community members are invited to this engaging training on helping children and teens thrive. Charlie will share practical, strength-based strategies for building connection, encouraging resilience, responding to challenges, and helping young people grow toward happier, healthier futures.



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## This Month in Mentoring

- **October 13, 3:15–4:30, HMK: Beading Workshop!**  
Join us for an afternoon of beading, guided by Native beader Anna Cayaditto, who will teach us several techniques. Supplies provided. Make something to take home! See reverse.
- **October 16/19: No School.**
- **October 27, 10:30–noon, Margaret Hopkin Middle School: Charlie Appelstein’s Mentor Training.**  
Mentors only. See info at left for more.
- **October 27, 5–6:00pm, Margaret Hopkin Middle School: Charlie Appelstein’s Taking Care of Number One Training.** Mentors only. See info at left for more.
- **October 28, 5–6:30pm, Moab Regional Hospital Education Room: Charlie Appelstein’s Strength-Based Approach for the Community!** This is for mentors, parents, teachers, and everyone in Moab! See info at left for more.

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Moesley &  
Danette

## 2026–2027 Match Recruitment Ticker

2  
New Matches

## 2026–2027 Mentoring Heroes Ticker

13  
Automatic Monthly Donors

## Conversation starters:

- ❑ What's something small that made you laugh recently?
- ❑ What's something you've changed your mind about recently?
- ❑ What's something you'd like to try before the end of this school year?

Let the conversation wander. Sometimes the best moments come from unexpected directions—follow their interests and be curious.



## Mentoring Idea: Mystery Challenge

Take turns giving each other a simple challenge to complete during your mentoring hour—

- find something shaped like a triangle
- learn one new fact
- make up a ridiculous handshake
- draw something with your non-dominant hand
- spot five things you've never noticed before
- or create your own!

Keep the challenges light and take turns.

## Beading with Mentoring!

Spend the afternoon beading with Native beader Anna Cayaditto. Make something fun to take home and learn more about this traditional craft. Anna will guide mentors and mentees through the process. Materials provided. All ages welcome.

**When:** Tuesday, October 13, 3:15-4:30pm

**Where:** HMK

**What:** Beading workshop with Native Beader: Anna Cayaditto

**RSVP** appreciated: munisterit@grandschools.org



Kelley  
& Liam

