

November 2023

Volume XIX, Issue 3

Epic, Moab's Mentor Newsletter

Grand Area Mentoring • (435) 260-9646

Adventures Aboard

Pro Tip! Each Trauma Lens training by Kelly requires no prerequisite!



Advanced Mentor Video Training:

TRAUMA-INFORMED MENTORING (Part 2) w/ Kelly Vagts

When: November 9, 5:30-6:30pm
Where: Video presented via Zoom

Part one guided mentors in developing a trauma lens so that we don't take a child's behavior personally, which prompts us to look past troubling behavior.

Part two will introduce specific ways to help a mentor connect with a child who has experienced trauma. It will include **examples of how to teach self-regulation skills, how to create a safe environment, plus self-care and self-regulation tips for the mentor.** All mentors invited; there is no prerequisite. Zoom link shared via email on day of.



Jaiden & Patty



Sophie & Emily

Mentoring Idea of the Month #1: Go golfing!

Get outside and practice your swing at the Moab Golf Course on **Tuesday, November 7th, after school.** The golf course will provide clubs, balls, and access to the driving range (and possibly a putting green too). We need to coordinate a carpool for mentees, so please RSVP to (435) 260-9646 or grandareamentoring@gmail.com.



Big thank you to Moab Golf Club! Some teaser pics from past visits:



This Month in Mentoring

- **November 7, after school: Driving Range Rendezvous!** Join for a golfing afternoon! See left.
- **November 9, 5:30-6:30pm, via Zoom: Trauma-Informed Mentoring Part 2.** This presentation via Zoom is mentoring GOLD! Info above left.
- **November 15, 3:15-5:15: Arches NP hike!** Calling all adventurers! In partnership with Friends of Arches & Canyonlands Parks, we invite 10 mentor-mentee duos to join a unique interpretive hike with a ranger in lower Courthouse Wash, a hidden gem of Arches National Park. See reverse for details (and transportation info)! RSVP to (435) 260-9646 or grandareamentoring@gmail.com
- **November 22-24: Thanksgiving Break.** No school.
- **November 23, noon to 5pm (or until food is gone): Wabi Thanksgiving Day Feast!** Community-based pairs could enjoy this fun holiday gathering!
- **December 12, 5:15-6:15, via Zoom: Facilitating Attuned Interactions.** Julia Pryce of Loyola University Chicago will present this brand new interactive webinar just for Grand Area Mentoring volunteers! Please see reverse.
- **December 13, 2:45-4:45, YGP Kitchen: Cat's Cookie Making Extravaganza!** Stay tuned!

Grand Area Mentoring

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Idea of the month #2: Explore Arches National Park!

What: Mentorship in the Wild – hiking lower Courthouse Wash

Where: You'll be treated to an immersive experience filled with nature engagement activities by the creek, desert ecosystem exploration, and free play amongst the canyons. Who knows, we might even have this enchanting canyon all to ourselves. Don't miss out on the chance to bond with your mentoring community while discovering the wonders of Moab's landscape.

Who: 10 mentor-mentee duos; open to mentees of all ages, accompanied by mentors. **RSVP required!** Email grandareamentoring@gmail.com

When: Nov 15th, after school-5:30pm

How: Middle and high school shuttle leaves from tennis court parking lot at 3pm, picks up HMK matches at 3:15 (on north side of school near the mentoring bike rack). Shuttle returns to HMK at 5:30, tennis courts thereafter.



NEW Advanced Training

Facilitating Attuned Interactions w/ Dr. Julia Pryce

Please join us for this live Zoom training by Dr. Julia Pryce. The session will be based on her research into theories and practices of interpersonal communication between mentors and mentees. Dr. Pryce will provide recommendations for establishing trust, connection, and rapport with youth who may otherwise guard against close ties. Such attunement can lead to long-lasting, meaningful matches and positive outcomes for mentees.

When: December 12, 5:15-6:15pm

Where: Live interactive training via Zoom (look for the link on email or ask us for it at grandareamentoring@gmail.com)

Dr. Pryce's research focuses on school-based interventions and the role of mentors in the lives of youth. Her additional areas of scholarship include the study of mentoring programs internationally and the role of social justice in social work curricula.



Preparation: Be ready for cold weather. Bring good walking shoes (closed toes), cooler weather clothes that you don't mind getting a little dirty (jacket and/or raincoat, beanie, long sleeve top, pants, and socks). Also we want you to stay hydrated, so be sure to take a water bottle and any favorite snack you might need, plus a backpack to carry it all!

Idea of the month #3: Play New Games at HMK Elementary!

Find **Sorry! Giant Edition** and **Charades for Kids** at the mentoring space. One of the beautiful things about this project is how *mentoring lends itself to relationship building over other tasks*. Talk and self-disclosure can flow naturally during a game or walk. Activities like Charades also help you understand how your mentee thinks and relates to the world. Enjoy!

