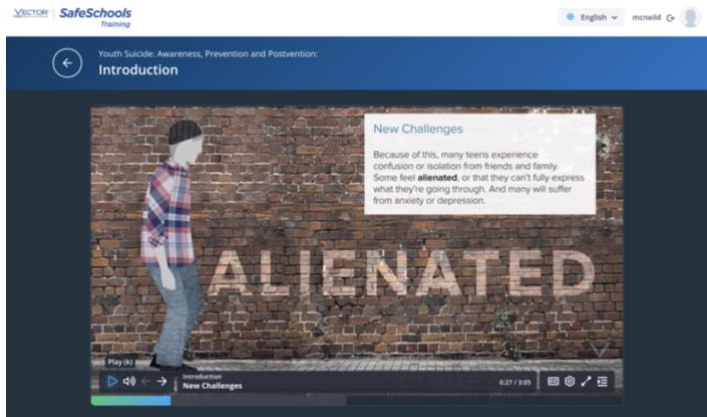


Grand Area Mentoring / 435-260-9646

Care + Knowledge = Mentoring

Suicide Prevention Training

Interactive video (via Zoom and the SafeSchools website) and discussion with program staff



Together on Zoom, we'll embark on this 41-minute, interactive online course to learn more about preventing youth suicide. This will help us reduce the likelihood of suicide amongst Moab's mentees. It will cover the scope of the problem of youth suicide, common risk factors, successful prevention strategies, the immediate steps a mentor or staff person can take if they encounter a mentee who is threatening suicide, and best practices for intervention after a suicide. We will pause between segments for discussion, and we'll team up for the closing quiz.

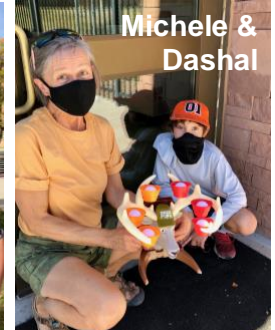
Who: All mentors (+ GCSD staff & youth-serving professionals in Moab)

When: January 12th, 5-6pm, via Zoom

Link: will be sent via email. Contact grandareamentoring@gmail.com for invitation.



Drew & Jaxon



Michele & Dasha

Policy Reminder

Thank you for following Grand Area Mentoring's **no-gift policy**. Students are aware of this policy.



1. Mentoring is about spending quality time together, not providing goods. Offering a present may set a precedent that weakens the crucial mentoring bond when expectations for additional gifts are not met, or if parents begin to seek contributions in the future from other mentors or for entire families.
2. Gift giving sets up bystanders for disappointment. If other children see (or hear about) their peers enjoying gifts from their mentors, they may wonder why their mentor will not provide gifts too.
3. Mentors of varying means cannot provide equivalent gifts to all children.

Please help us achieve positive results by refraining from presents, with the single exception of a birthday gift valued at \$10 or less. (However, this is not required. Please be discreet when giving it.)



Freya & Silvia



This Month in Mentoring

- o **December 1: Charlie Appelstein Strength-Based Mentoring Training Part 2.**
- o **December: Private tours at the Moab Museum!** See reverse.
- o **December 21-January 1: Winter Holiday.** No school.
- o **January 12th, 5-6pm, via Zoom: Suicide Prevention Training.** See box at left.

Grand Area Mentoring

Mail:

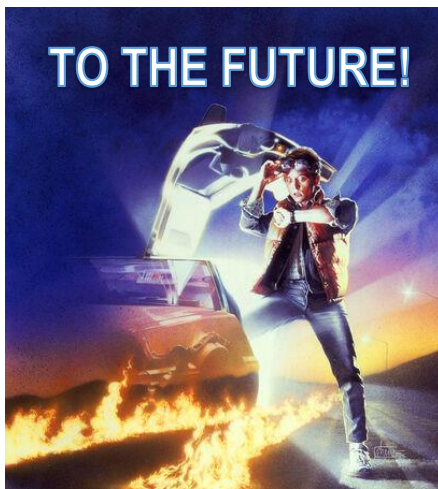
Grand Area Mentoring
264 South 400 East
Moab, Utah 84532

Phone:

Dan 435-260-9646
Megan 435-260-9645

Internet:

grandareamentoring@gmail.com
www.grandschools.org/mentor
facebook.com/grandareamentoring



Charlie Appelstein's Future-Oriented Questions

Do you think you'll attend a trade school, junior college, or four-year college?

What professions are leaning towards?

Do you think you'll travel a lot when you're older? Where?

Big family or small? Will you help your kids with their homework?

Would you prefer to live in a big city or a small town?

What kind of hobbies will you have when you're older?

Will you be generous and give your time and money to those in need?



Bobby & Preston



Jim & Azure

(Community-based) mentoring idea of the month: Visit the Moab Museum!

Schedule a private tour at the Moab Museum with Mary Langworthy! Discover the unique history of our amazing region, from ancient to the recent past.



Mary knows the place from top to bottom, and she can even bring you behind the scenes to get a peek at artifacts that aren't on public display – things like fossilized dinosaur tracks that can be touched! How big is your hand compared to the foot of a dinosaur? Come in and find out!

Through the month of December, mentors and mentees will be invited to contact Mary to schedule a slot. Only one mentor pair will be allowed in the building at any given time. Masks are mandatory, as they are with any activity that puts mentors and mentees in close proximity. Tours will be available Monday through Thursday.

Check out these updated exhibits and learn about this fabulous place we call home! Contact Mary Langworthy at: mary@moabmuseum.org

Special thanks to Mary and the Moab Museum for offering this!