

Grand Area Mentoring / 435-260-9646

Compassion, Integrity, Spirit



Advanced Mentor Training:

TRAUMA-INFORMED MENTORING (Part 2)

w/ Kelly Vagts

December 9th
5-6pm
via Zoom

A Trauma Lens: Helping mentors implement a trauma-informed approach with mentees and families.

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



Check your email for our Zoom link in the run up to training day.



Sophie & Emily



Caliegh & Lindsey



Karen & Rachelle



This Month in Mentoring

- **December 9, 5-6pm: Advanced Mentor Training – Trauma-Informed Mentoring Part Two video presentation!** Don't miss this awesome training with Kelly Vagts, our school-based counselor. In the video, Kelly covers how to put trauma-informed mentoring into practice. Even if you didn't attend part 1, please join us for this important training. See box above for more.
- **Dec 18-Jan 2: Holiday Break.** No School.
- **January 2022: National Mentoring Month!**
- **January 27, 5-7pm: New Mentor Orientation!** Tell your friends and family. This will cover everything they need to know to help change a life right here in Moab. Pizza dinner will be served. RSVP required. Call or email to register: 435-260-9646 • grandareamentoring@gmail.com

When Gifts Harm



Grand Area Mentoring has a no-gift policy (except for an optional birthday present valued at about \$10). This rule isn't arbitrary. It comes from years of seeing how material gifts can undercut youth mentoring.

Mentoring is offering the gift of your time and care. It's about creating a bond and acting as a role model over months and years. A mentoring connection is strengthened by acts of service, mutual enjoyment of activities, and collaboration. Unfortunately, in their subtext, gifts may suggest to mentees and parents that the role of the mentor is in material aid. Instead, the mentor's care should come through conversation and one-on-one activities.

Additionally, some mentors don't have the means to provide expensive goods to their mentees. This policy levels the playing field. It also eliminates possibility of third-party witness, where mentees might see (or hear about) other students receiving expensive offerings and prompt them to wonder why their mentors don't provide such gifts. Thank you for honoring this rule and supporting the youth and other mentors of the program.

Grand Area Mentoring

Mail:

Grand Area Mentoring
264 South 400 East
Moab, Utah 84532

Phone:

Daniel 435-260-9646
Megan 435-260-9645

Email:

grandareamentoring@gmail.com

Web:

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

Mentoring Idea of the Month #1 (for HMK matches): Make cards!

Use supplies (donated by Mary Ellen and Larry McGee) to make cards and pieces of art for your mentee to take home or give to others. There are stickers galore, plus stamps of all sorts. The black ink pads have been replenished. Get creative and have fun! Feel free to add paper and materials from the art drawers, things like googly eyes or pipe cleaners. Bring your own mags for cutting up into collages too! A good wintertime activity!



Beatrice & Eli



Alyssa & Kailee



Xandra & Devotion

Mentoring Idea of the Month #2: Go to the one and only Moab Museum!

Explore with your mentee the temporary exhibition entitled *Hopi Katsina: Evolving Styles, Enduring Meanings*, which will be on display through February. The exhibit delves into the tradition of "kachina dolls," carved wooden figures with deep cultural significance.

This exhibit is a great way to talk about the many cultures of the Colorado Plateau and study a thriving artistic tradition with mentees! Mentors might consider bringing drawing supplies for the mentee to draw their favorite kachina. Or they could take a free Moab Museum postcard (get one when you get the free tickets) to collaboratively write & send.

The Museum is open Tuesday through Saturday, 10am-6pm (appointments are no longer necessary, but masks are required). Mentors are welcome to contact museum community relations officer (and fellow mentor) Mary Langworthy at mary@moabmuseum.org for more info.

Free tickets, postcards, newsletters with info about the exhibit, and a worksheet are available at HMK and the Hop! Call Megan (435) 260-9645 or Daniel (435) 260-9646 to arrange a ticket hand off.

