

December
2025

Volume XXI, Issue 4



Epic–Moab’s Mentor Newsletter

Grand Area Mentoring • (435) 260-9646

Making History



Calidrial & Michele
examining ancient
dinosaur footprints
during a 4x4
adventure

The Gift of Your Presence

Grand Area Mentoring has a no-gift policy (except for optional birthday present valued at about \$15). This rule exists because material gifts can undercut youth mentoring. Mentoring connections are strengthened by acts of service, mutual enjoyment of activities, and collaboration. A mentor’s care is shown through conversation & one-on-one time.



This Month in Mentoring

- **December 16, 4:30-5:30 @HMK: Building Consent Culture: Empowering Mentors and Mentees!** Please join us for this new training by Seekhaven’s Tasia Wu! After 2 awesome OneLove trainings last year, Tasia is returning to us for a fresh and important subject! See box below.
- **December 20-January 5: Winter Break.** No school.
- **January 2026: National Mentoring Month!**
- **January 14, 5-6pm: Trauma Lens Part 2 video training with Kelly Vagts!** Join us on Zoom from the comfort of your car, office, or couch for a crucial training! This one dives deeper into the effects of trauma and our strategies in helping relationships. It’s a must-see learning opportunity. And it’s worth watching a second or third time. Please read more on the reverse.
- **January 28, 5:15-7pm: New Mentor Orientation.** Tell your friends. Share this newsletter with family members. Recruit colleagues. National Mentoring Month is the perfect time to join this transformative cause. RSVP: (435) 260-9646 / grandareamentoring@gmail.com

“Thank you for telling me.”



Building Consent Culture: Empowering Mentors & Mentees!

Date: December 16th

Time: 4:30-5:30pm

Location: HMK Elementary, follow signs

The Training: In this session, Tasia Wu will guide participants in exploring the opportunity to create a culture of consent through mentor-mentee relationships. Participants will examine the key elements of consent and learn how to foster consent culture by modeling positive behaviors and influencing the attitudes and safety of the young people they support. By the end of the session, mentors will leave with practical strategies to challenge harmful behaviors, facilitate open conversations about consent, and empower mentees to navigate ALL relationships safely and confidently.



Tasia Wu is the Youth Prevention Coordinator at Seekhaven in Moab, Utah, where she develops and implements programs that promote healthy relationships, consent, and self-empowerment among

youth. She combines creativity, community engagement, and evidence-based strategies to deliver prevention education, including initiatives such as the One Love Foundation and child sexual abuse prevention programs. Outside of work, Tasia enjoys yoga, aerial lyra, dancing, freelance floristry, and spending time outdoors.

“It’s okay to say no.”

“How do you feel about...?”

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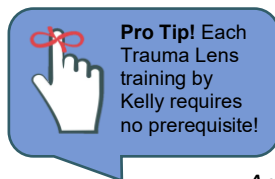
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**2025/2026 Match
Recruitment Ticker**

13
New Matches

**2025/2026 Mentoring
Heroes Ticker**

12
Automatic Monthly Donors

Advanced Mentor Video Training:

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

When: January 14, 5:30-6:30pm
Where: Video presented via Zoom



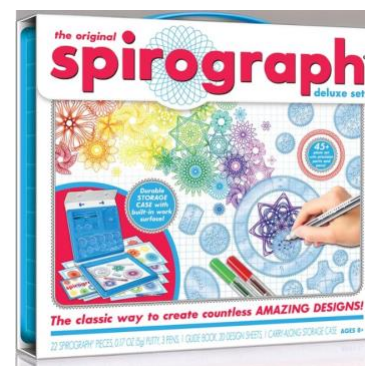
Part one guided mentors in developing a trauma lens so we look at the cause of troubling behavior and empower students to heal.

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. The Zoom link will be shared via email on the day of the training.



Mentoring Idea at HMK: Spirograph!

A spirograph is a geometric drawing toy that produces intricate and beautiful designs through the movement of a pen on paper. It consists of a set of plastic gears, rings, and a pen, allowing users to create a variety of spiral patterns. Originally patented in the 1960s, the spirograph has captivated artists and hobbyists alike, providing a unique blend of art and mathematics.



How to Create Spirograph Art

- **Gather Your Materials:** You'll need the spirograph set, paper, and pens or markers in various colors.
- **Choose Your Gears:** Select different sizes of gears to create diverse patterns. The combination of gears affects the complexity of the designs.
- **Start Drawing:** Place a gear on the paper, insert the pen into the hole of another gear, and begin moving the gear around. Experiment with different speeds and pressure for unique effects.
- **Add Colors:** Use multiple colors to enhance the visual appeal. Layering colors can create depth and dimension in your artwork.

