

Grand Area Mentoring • (435) 260-9646

Cooperation

Thank you to
Back of Beyond Books!



January – National Mentoring Month

This month, our nation celebrates mentoring in all its forms. Mentors and mentees deserve thanks for engaging in one of humankind's most important practices – passing wisdom, respect, and love from one generation to the next, in cooperation.

This month is yours. Thanks for changing lives all year round.



Books for Mentees rides again!

Jean & Ahzure

Becky & Isabelle



Jaiden & Patty

Kris & Lyric

Pizza Party & Magic Show with Rick Boretti!



To celebrate National Mentoring Month

What could be better than a pizza party with fellow mentors and mentees? A pizza party plus a fun and mystifying magic show by Moab's magician, Rick Boretti!

When: January 24th, 3:15-4:15

Where: HMK, room to be decided

Who: Mentors and mentees of all ages!

RSVP: grandareamentoring@gmail.com



Email us if you plan to attend. That will help us know how much pizza to order! And tell us what kind of pizza you like! ☺

Advanced Mentor Training:

Domestic Violence & Sexual Trauma Awareness, Plus Youth Boundaries Training for Mentors

w/ Seekhaven staff



When: January 17, 4:30-5:30pm

Where: Middle School Lecture Hall



This training by Seekhaven will help mentors understand the signs and trauma associated with domestic violence and sexual assault. It will also cover tips for helping our mentees establish healthy boundaries with adults, peers, and younger people.



o January 31, 5-7pm, Middle School Lecture Hall: **New Mentor Orientation!** See reverse.



o Feb 22, 4:30-5:30, Middle School Lecture Hall: **Nan Marquardt's Cognitive Behavioral Therapy Primer.** See reverse for more.



This Month in Mentoring

- o December 23–Jan 7: **Holiday Break.** No school.
- o January 15: **Martin Luther King Jr. Day.** No school.
- o January 17, 4:30-5:30, Middle School Lecture Hall: **Domestic Violence & Sexual Trauma Awareness, Youth Boundaries Training for Mentors.** Be prepared to know the signs and help your mentees establish healthy boundaries. See information at left.
- o January 24, 3:15-4:15, HMK (room to be decided): **Pizza Party and Magic Show with Rick Boretti!** Geared for elementary school youth but open to mentees of all ages. See box at left.

Grand Area Mentoring

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If you have friends and family who might like to learn more about being a mentor, please cut out and share the information below!



Cat's Cookie Making Extravaganza!



Eden & Liz



Angela, BriNiya, Khloe, & Sandy



Huge thank you to Cat Vasquez and the Youth Garden Project!



Jacob & Jeremy

How can you make a real difference for deserving youth in Moab?



- 98% of mentored youth feel good about themselves when with their mentors
- Kids say things like: **“He’s like a father to me. He gives me lessons in life.”** –6th grader
- And teachers say things like: **“I have seen a major difference in my students’ attendance, academics, and overall social and emotional wellbeing due to mentoring.”** –Moab teacher

Join us for Grand Area Mentoring’s no-obligation **New Mentor Orientation**

- January 31st, 5-7pm
- pizza dinner provided
- Margaret Hopkin Middle School
- RSVP: (435) 260-9646 or email grandareamentoring@gmail.com



What’s your resolution?

Idea of the Month: Make Brownies

Who said you can’t make brownies with a microwave? Fun. Tasty. Educational. Go!

Ingredients (for each brownie mug):

- 3 Tablespoons all-purpose flour
- 3 Tablespoons Dutch-process cocoa powder
- 3 Tablespoons granulated sugar
- Pinch of salt
- 2 Tablespoons chocolate chunks or chips
- ¼ teaspoon vanilla extract
- 3 Tablespoons vegetable oil
- 1 Tablespoon beaten egg
- 3 Tablespoons milk

Tammy and Calidrial, thanks for this great idea!

Instructions: Combine the dry ingredients. Add wet ingredients and mix well. Microwave each mug for one minute. Add 15-second zaps until the top is no longer wet. Enjoy!



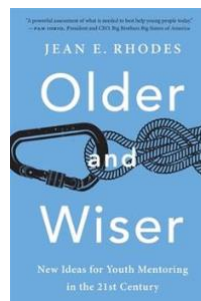
Advanced Mentor Training:

Cognitive Behavioral Therapy; a Primer w/ Dr. Nan Marquardt

When: February 22, 4:30–5:30pm

Where: Middle School Lecture Hall

Pro Tip! Embrace your role as a paraprofessional!



In her book, *Older and Wiser*, Dr. Jean Rhodes writes: “...although rarely acknowledged and not particularly systematic, formal mentors draw on a wide array of established therapeutic techniques. For example, as mentors encourage their mentees to think and act in more adaptive ways, they may draw on the principles of cognitive behavioral therapy (CBT).”

This training by Moab’s Dr. Nan Marquardt will provide a conceptual framework for mentors, acting as paraprofessional mental health supporters for at-risk youth, to think about CBT and how to use some of its principles.