



## Soaring into 2026



Alex & Michele

**Pro Tip!**  
Remember:  
Kelly's trainings  
require no  
prerequisites!

*Advanced Mentor Video Training:*

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



**When:** January 14, 5:00-6:00pm

**Where:** Video 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.

*Mentors are invited to a*

### Celebratory Reception in Your Honor featuring catered appetizers

Thursday, January 29, 2026

4:30-6:00pm

Grand Center Conference Room  
(182 N. 500 W.)

RSVP by January 22<sup>nd</sup>

(970) 948-6598

[marshk@grandschools.org](mailto:marshk@grandschools.org)



## This Month in Mentoring

- **December 20-January 5: Winter Break.** No school. School resumes January 6<sup>th</sup>.
- **January 2026: National Mentoring Month!** This is a time for us to celebrate the volunteers, mentees, and stakeholders of mentoring in Moab. Please join in celebration by thanking your own mentors (Jan 21<sup>st</sup> is Thank Your Mentor Day), sharing the opportunity with your friends (new Mentor Orientation Jan 28<sup>th</sup>, see below), and attending our celebration on Jan 29<sup>th</sup>, 4:30-6:00pm at the Grand Center. See box at left.
  - **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. See box at left for more.
- **January 16: No school.** Teacher professional devo.
- **January 19: No School.** Martin Luther King Jr. Day
- **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. The training is no-obligation – trainees find out if mentoring is right for them, no pressure! Dinner provided. RSVP: (435) 260-9646 / [grandareamentoring@gmail.com](mailto:grandareamentoring@gmail.com)
  - **January 29, 4:30-6, Grand Center Conference room: Mentor & Benefactor Appreciation Reception.** Please join us! See box at left.
- **February 10th, 4:30-5:30pm on Zoom: Mental Health First-Aid Training.** Please put this new training on your calendar! Build critical skills that help mentees at critical times. Good for mentoring and all times with those we care about. See box on reverse for more.

**Mail:**

Grand Area Mentoring  
264 South 400 East  
Moab, Utah 84532

**Phone/Text:**

Daniel (435) 260-9646  
Megan (435) 260-9645  
Teresa (435) 260-2282

**Email:**

grandareamentoring@gmail.com

**Web:**

www.grandmentoring.org  
facebook.com/grandareamentoring

**2025/2026 Match  
Recruitment Ticker**

**13**  
New Matches

**2025/2026 Mentoring  
Heroes Ticker**

**12**  
Automatic Monthly Donors

**Advanced Mentor Training:****Mental Health First-Aid  
w/ Maya Obstfeld**

**When:** February 10, 4:30-5:30pm

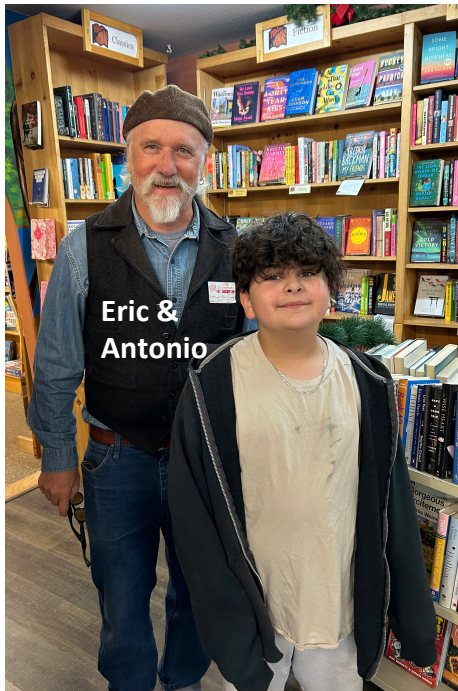
**Where:** Live via Zoom



Mental Health First Aid training equips participants with the skills to recognize early signs of mental health concerns, respond with empathy, and connect individuals to appropriate support. This training includes a focused de-escalation component, teaching practical techniques to calmly and safely defuse tense or crisis situations while preserving dignity and trust. Participants should walk away feeling more equipped to acknowledge and support mental health issues with students and peers.



**Maya Obstfeld** (she/her) is a licensed Marriage and Family Therapist with a Master's of Science from Colorado State University and an Advanced Certification in Medical Family Therapy. Maya is an Adjunct Faculty at Colorado Mesa University, where she teaches in the graduate Master of Social Work program. In her personal time, she loves to cook, read, mountain bike, and chase sunsets.



**Eric &  
Antonio**



**Cole & Forrest**

**Mentoring Idea at HMK: New Games!**

Huge thank you to Michele Widera for providing new games at HMK!

**Gator Golf**

- A hole-in-one is a lot more fun with Gator golf!
- Putt the ball into the gator's mouth to score!
- Score and he will toss your ball back with his tail for more golfing fun
- Be the first player to score three points to win

**Shark Bite**

- Carefully reach in and save the fish with a fishing rod. Will the shark jump? You never know when the shark will bite!
- Simple rules make it quick to pick up and perfect for kids
- Encourages hand-eye coordination and patience, all while having a blast!

