


Grand Area Mentoring • (435) 260-9646

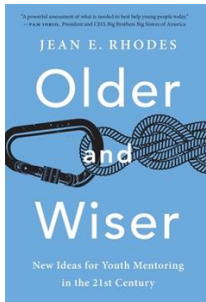
Fantastic February!

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.

Idea of the Month: S'mores and Hotdogs for Community-Based Matches!



Mentees in grades 6+ and their mentors are invited to join us for a group campfire and cookout! This winter fireside fun will happen in the Sand Flats Recreation Area. We'll roast hotdogs and marshmallows over an open fire and play on the sandstone fins! Dress warmly and be prepared to smell like campfire afterwards!

When: Tuesday, February 6, 2:35-4:15ish

Where: Meet at the Middle School tennis courts

Who: Mentees in grades 6+, and mentors. HMK mentors of sixth grade youth, please contact us if you'd like to participate. We'll work on transportation for you and your mentee.

RSVP: grandareamentoring@gmail.com



This Month in Mentoring

- The Month of February: Mentors & mentees are invited to **Moab Museum!** See reverse for details on exhibits and events.
- Feb 2, 9, 16 at 7pm @ the MARC: **Science Fiction Friday Night Film Festival!** Come on down for free screenings! Popcorn, door prizes, and costumes encouraged! Learn more at: www.moabtimes.com/articles/catch-free-sci-fi-flicks-at-the-marc-this-winter/
- Feb 6, 2:35pm, meet at Middle School tennis courts: **S'mores & hotdogs for Community-Based Matches!** We'll cruise up to Sand Flats for a campfire and playing on the slickrock! See box at left for more.
- Feb 15/16: **Parent-Teacher Conferences.** Early out (12:45) Thursday, no school Friday.
- Feb 19: **President's Day.** No school.
- Feb 22, 4:30-5:30, Middle School Lecture Hall: **Nan Marquardt's Cognitive Behavioral Therapy Primer.** See above.
- Mar 1, 5-8pm: **Moab Art Walk!** Learn more at: www.moabarts.org/copy-of-moab-artwalk-1



Grand Area Mentoring

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Magic Show Magnificence

Big thank you to Rick Boretti for the wonderful magic show on January 25th!



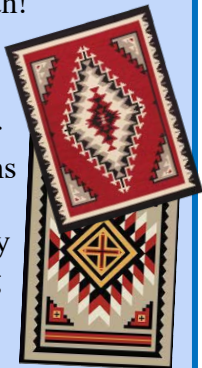
Idea of the Month: Visit Moab Museum!



MOAB MUSEUM

Mary Langworthy of Moab Museum has provided free passes for mentors and mentees to use during the month of February! School-based matches can plan an outing as a group, and community-based matches can go one-on-one. Don't miss the cool exhibits and activities this month!

- Through Feb 10th: *The People's Tapestry; Weaving Tradition in Navajo Culture*. Visual scavenger hunt option! "Historic photographs highlight weaving scenes from centuries ago, while contemporary images of heritage sheep shearing remind guests of a deeply rooted tradition that thrives still, today."



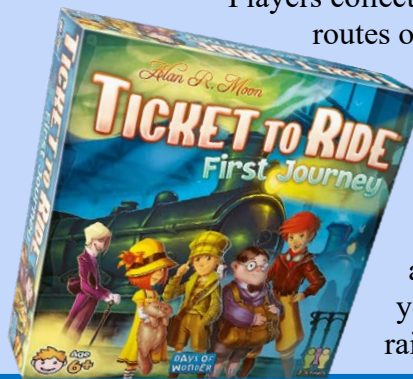
- Feb 8th, 5-7pm: Collections-inspired Make Your Own Valentine Night! "We will have historic Moab Valentines from the archive as artistic inspiration, and craft supplies to share."

- Opening Feb 17th: *A Moab Prison Camp; Japanese Incarceration in Grand County*. Learn more about the Japanese incarceration during WWII. "The Moab Isolation Center, located north of Moab at Dalton Wells, played a brief but significant role in the web of Japanese American incarceration facilities..."

Pick up your tickets at the mentoring office.
Thank you to Moab Museum for this opportunity!

Idea of the Month: Play Ticket to Ride, First Journey!

Easy to learn and quick to play, *Ticket to Ride: First Journey* is the perfect introduction to the Ticket to Ride series.



Players collect train cards, claim routes on the map, and try to connect the cities shown on their tickets to achieve victory.

So climb aboard and embark on your very own railway adventure!



Kelley & Liam



Jim & Camron