



Grand Area Mentoring • (435) 260-9646

## Being Our Best



### 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.

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### This Month in Mentoring



- **February 6-22: Winter Olympics.** Inform your mentee about the phenomenon of countries coming together for peaceful international competition. Perhaps share a favorite clip with your mentee and tell them why it means something to you. Discuss how countries with systematic doping practices or those waging wars of aggression can be banned from competition. For example, many Russian athletes and teams have been disallowed, and Russians who will be competing this winter are categorized as "Individual Neutral Athletes." They will not have a national anthem, colors, or medals tracking.
- **February 10, 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 at left for more.
- **February 11: Sand Flats Campfire.** See below!
- **February 15-20: Winter Break.** No school.



### Wintertime

### Campfire!

Community-based matches (in 6<sup>th</sup> grade and above) are invited to a group campfire in Sand Flats on Wednesday,

February 11<sup>th</sup> from 3:15-5:30pm. Enjoy the chilly weather with friends while roasting hotdogs, marshmallows, drinking hot cocoa, and working together to build a cozy fire. RSVP to Teresa at: [munisterit@grandschools.org](mailto:munisterit@grandschools.org)



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**Kash &  
Seth**

**Hillary &  
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**2025/2026 Match  
Recruitment Ticker**
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New Matches

**2025/2026 Mentoring  
Heroes Ticker**
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Automatic Monthly Donors

**Mentoring Idea at HMK: OuiSi!**

This new game offers several variations! From their website:

The Guidebook has a dozen ways to play... This makes OuiSi harder to explain, but it also means you will find years of play and activities in just one box.

Our founders and teammates each have their own favorite way to play. In their own words:



**Paul Brillinger (Founder, CEO):** "My favorite way to play is OuiSinoes and it's the first game in the Guidebook. It's a creative and visual riff on dominoes, where players take turns making Visual Connections between Photo Cards. I like to play with my siblings. We don't always see eye to eye, but this version of OuiSi actually celebrates how we each literally see the world differently!"

**Jacqueline (Community Support):** "I actually enjoy OuiSi as a quiet way to start my day. In particular, I might play OuiSi Draw. This activity turns the spark of a Photo Card into a full-blown drawing. Does a curled-up fern look like an elephant's trunk? I'll place the card on my page and draw the whole elephant, using the fern as that trunk!"

**Michael Bradley (Founder, COO):** "My kids and I enjoy the OuiSi Scavenger Activity. We often go out for walks in nature, and we bring a handful of OuiSi cards with us. On our walks we make Visual Connections between cards in our hands and things we see. Maybe a picture on a OuiSi card looks a bit like a pile of dried fallen leaves we've noticed. It's a simple way of keeping my kids noses out of their gadgets and noticing the small marvels in the world around us."

**Kaz Brecher (Founder):** "OuiSi Capture – in the OuiSi Original Guidebook only – sometimes gets forgotten because it's the last game in the Guidebook. But it's my favorite way to play because we are all collaborating against a common opponent represented by a penalty pile. Players take turns giving a one-word clue that visually describes five cards on a 5x5 board. For instance, I might say "checkerboard" and my teammates will need to figure out which 5 cards I'm referring to – and which ones I'm not! The team earns points for successfully guessing the clued Photo Cards, and are penalized twice over for incorrect choices. This can get tricky quick, because we all see things differently, and so you need to get inside the mind of someone else in order to win together."