

On Our Way

ADHD ESSENTIALS Part 2!

Mentoring Youth with ADHD, Part 2

w/ Nan Marquardt

March 7th, 4:30-5:30pm
at HMK Elementary Room 141

This training with Nan Marquardt, school psychologist and Ph.D., will expand upon the content offered in Grand Area Mentoring's very popular October training. (IMPORTANT: Anyone can attend part 2, even those who might have missed part 1.) **Nan will offer additional information about the condition. She will also leave plenty of time to answer your questions.** Please join us to take part in a discussion that will offer practical ideas for working with your mentee or any children who have attention problems.

New Mentoring Resource!

Mentoring is simple. You spend time with a youth, act as a positive role model, and support his/her strengths. Sure, mentoring is simple, but all kinds of challenges and issues might crop up over the course of your relationship. Grand Area Mentoring staff members are here to help you navigate the journey. As always, give us a call or email if you need assistance.

Grand Area Mentoring also just released a new mentor handbook for volunteers. This handbook delves into program policies, mentoring theory and best practices, information about youth today, and other helpful tips. Please find the handbook attached to your newsletter email or at the program website: www.grandmentoring.org.

This handbook is a work in progress. We welcome suggestions. Your feedback will help us make this better for you and your future mentoring colleagues. Email comments and suggestions to grandareamentoring@gmail.com



Chance & John



Liane & Jordynn



This Month in Mentoring

- **March 7, 4:30-5:30, HMK: ADHD Follow Up with Nan Marquardt.** This is a follow up to her training in October. Nan will cover new topics, expand on some, and offer a substantial question and answer portion to help you better understand your mentee. No prior experience necessary. Come down and learn with us!
- **March 31: Love UT Give UT!** Grand Area Mentoring will once again participate in this online day of giving. Feel free to share the program's campaign information with your friends and family.

The WISDOM of AGE A HANDBOOK FOR MENTORS



by the National Mentoring Partnership
&
Grand Area Mentoring

Grand Area Mentoring

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Idea of the Month: Glad to Know You Acrostic!

After February's inventory *and* since you and your mentee know each other better every month, this is an opportunity to put your knowledge of each other and your observational skills to work.

Create an acrostic "poem" using your mentee's name. He/she can do the same for you. Use words that describe each other, especially skills, talents, and positive characteristics. When finished, you can exchange poems and take your acrostic home to help you remember the great strengths you each have!

1. Explain what an acrostic is. Use this as an example. ☺

Awesome at having fun

Reliable

Thoughtful and kind

Helpful when I have a problem

Unselfish

Raisins are his favorite fruit

2. Mentor and mentee should think of words to describe each other. Ask questions to get to know the other better. Think about characteristics and traits, sports and hobbies, or other unique attributes.
3. If helpful, practice together by describing MENTORING.

M _____

E _____

N _____

T _____

O _____

R _____

I _____

N _____

G _____

4. On a new piece of paper, write your partner's name as an acrostic and decorate it as you might a gift.
5. When finished, exchange poems.

