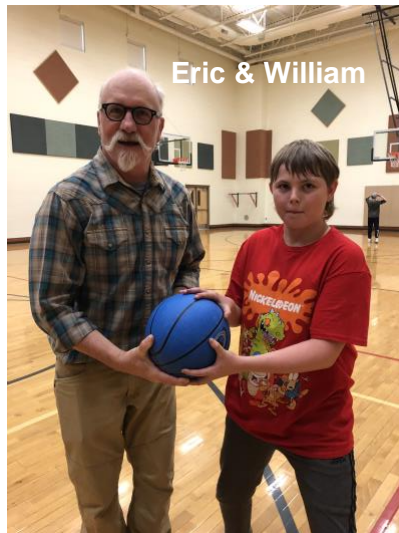


Grand Area Mentoring • (435) 260-9646

Spring Up



Eric & William



Karen & Melody

Mentoring Idea: Shop at WabiSabi with Wabi Bucks!

WabiSabi has generously contributed a \$10 voucher for each mentee. Shop at Wabi for age-appropriate and content-neutral apparel, gear, books, and more. It's a great place to talk to your mentee about the math of shopping, needs & wants, and reducing, reusing, & recycling. Mentors, please pick up your mentee's voucher at the Hop Middle School or HMK mentoring offices. Huge thank you to Wabi and its staff! We love this place.



Mentoring Idea: Choose your own adventure with Raven's Rim & NAVTEK!

This is for community-based matches in grade 6 and above. Select from Ziplining, Via Ferrata, Arches Safari, Canyoneering, Rafting, and more! Contact Teresa to identify an activity and time slot to book. We will find an open time that works for you and your mentee, get waivers signed in advance, and help arrange transportation if needed. Big thanks to Raven's Rim & NAVTEK!

Email munisterit@grandschools.org or call/text (435) 260-2282 for more information or to get started. We will continue this through the end of the school year. Get outside this spring!



This Month in Mentoring

- Mar 1, 5-8pm: **Moab Art Walk!** Learn more at: www.moabarts.org/copy-of-moab-artwalk-1
- March 6, 5:15pm via Zoom: **Department of Workforce Services Information Session.** Join us on Zoom to learn about how this Utah department could benefit your mentee. See reverse for more.
- March 11: **Learning Accountability.** No school.
- March 19, 5:15pm via Zoom: **Trauma-Informed Mentoring Part 3 with Kelly Vagts Video Presentation.** Join from the comfort of your screen to view this essential presentation by Grand County School District's lead school therapist. See reverse for more.
- March 23-April 2: **Spring Break!** No school.
- April 3: **Staff Development.** No school.
- April 11, 5-6pm via Zoom: **Facilitating Attuned Interactions Part 2 Live Training with Julia Pryce.** Don't miss this! Even if you didn't make Part 1, which was awesome, you can still join for Part 2. See reverse for more.



Grand Area Mentoring

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www.grandmentoring.org
facebook.com/grandareamentoring

February Sand Flats campfire outing!



Mentoring Idea @ HMK: Mini Parachute!

Parachute play develops social participation, teamwork, and motor coordination. Great for teaching turn-taking and cooperation. And just plain fun!



Live Advanced Mentor Training:

Facilitating Attuned Interactions Part 2

w/ Dr. Julia Pryce

Pro Tip! Discover new research and apply it in real life!

When: April 11, 5-6pm

Where: Zoom; look for the link on email

In this session, Dr. Pryce will briefly review the concept of attunement and the Mentoring FAN, as discussed during session 1. She will then unpack the elements of attunement. Participants will practice strategies together as they work to hone skills critical in building strong relationships with young people.



Live Advanced Mentor Training/Info Session:

Department of Workforce Services Youth Programs Overview

with Moab's Jerry Pruitt

When: **March 6, 5:15pm (20-40 min)**

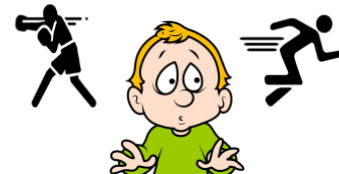
Where: Zoom, look for link on email

Learn more about Utah's DWS and how your mentee might benefit. The Department aims to help youth (aged 14-21, with one or more barriers to employment) prepare for employment and post-secondary education opportunities.

Jerry will briefly walk us through the various DWS offerings for youth (internships, incentive programs, training, etc.) and explain the specifics of youth eligibility. This will cover the essentials and include question and answer time before the close. Helpful info for anyone working with at-risk youth in Utah!



Advanced Mentor Video Training:



Trauma-Informed Mentoring Part 3; How to Help Mentees Regulate Nervous Systems

Please join us for this important recorded training by HMK school counselor Kelly Vagts. We will explore the central nervous system and how it controls our perception of the world around us. We will learn to become aware of our own nervous systems and how to use this knowledge to connect more deeply with our mentees. Further, we will learn what dysregulation looks like in children and offer skills on how to help a child return to a regulated state.

Training Details:

when: **March 19th, 5:15-6:15pm**

Where: On Zoom! Look for link on email

Who: All mentors (+ staff/youth-serving professionals)

By: School-Based Therapist Kelly Vagts

