



March
2026
Volume XXI, Issue 7

Epic-Moab's Mentor Newsletter

Grand Area Mentoring • (435) 260-9646

Flow



Kelley & Liam



This Month in Mentoring

- **March 12: Mid-Term Conferences.** Early out at all schools.
- **March 13:** No school.
- **March 16, 4:30-5:30 @ USU Moab: Indigenous Cultural Awareness Training** with Ricky Begaye. Don't miss this exciting new workshop! See box at left for more.
- **March 30-April 3: Spring Break.** No school.



Karen & Nevaeh

Indigenous Culture Awareness Training!



Why: Knowledge & diversity!

Who: Mentors and school district staff

When: Monday, March 16th @ 5:30-6:30pm

Where: USU Moab (Room TBD, follow posted signs)

Join us for an engaging and informative training by Ricky Begaye, focused on the Indigenous cultures of the Moab region. This session will explore the history, traditions, values, and contemporary experiences of the Native tribes who have long called this area home. Mentors will gain greater cultural understanding and insight that can help strengthen relationships with Native youth and families. Even those not currently matched with Indigenous mentees will benefit from learning more about a significant and vibrant part of our local community. Building cultural awareness helps us mentor with greater respect, empathy, and confidence. We hope you'll join us for this important opportunity to deepen your knowledge and enhance your effectiveness as a mentor.



Ranger-Led Arches Hike!

When: Wednesday, March 18th @ 3:15-5:45pm

Where: Email Teresa for pickup locations

Who: All mentors and mentees welcome!

Enjoy springtime in Arches National Park with a ranger-led hike through the red rocks. We will head to the Windows Section to hike the easy 1-mile primitive trail. All mentors and mentees invited. RSVP to Teresa: munisterit@grandschools.org

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**

16
New Matches

**2025/2026 Mentoring
Heroes Ticker**

13
Automatic Monthly Donors

Mentoring Idea: Vision Board!

Big thank you to Danette and Moesley for this idea!

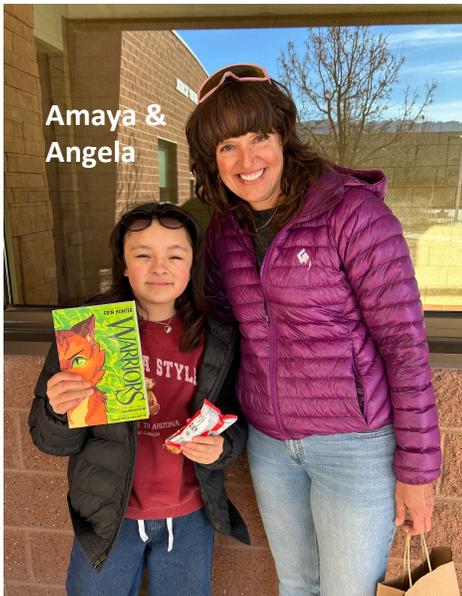
Using materials at the mentoring space or from home, create a vision board for the future. Some tips:



- **Define Your Intentions.** Is this a vision board for the coming year, or is it for your lifetime?
- **Collect Materials.** Find images, words, and symbols that spark joy and resonate with your goals. Think: magazines, scissors, glue, pins, poster/cork board.
- **Select and Refine.** Sort through your collection and keep only the images that evoke strong positive emotions or “goosebumps” feeling. Think about the qualities you possess and want to develop.
- **Arrange Your Board.** Organize your items, perhaps grouping similar themes together, such as goals and friendships.
- **Refine and Review.** Help your board represent a balanced, enjoyable life, and feel free to change it if your vision evolves!

Tips for Success

- **Be Specific.** Use concrete images (e.g., a specific travel destination, certain pets, or a type of home).
- **Add Affirmations.** Include quotes or mantras that affirm your identity and goals.
- **Keep it visible.** Hang the board where you will see it daily, such as by your bed or on your desk.
- **Visualize regularly.** Spend time looking at your board and visualizing the attainment of your goal.
- **Find commonalities.** Identify something you *and* your mentee want to include on your vision boards. Danette and Moesley both wanted to take a beach vacation, for example.
- **Have fun! Be creative!** This can look however YOU want!



Amaya & Angela



Melanie & Luciana