



# What's Happening

As we enter this joyful and often busy holiday season it is important to remember that this can be a stressful time of year for some, including kids. It is a good time to be extra mindful of checking in with your mentee to see how they are feeling and if they are needing any additional supports. You can also see if there are any holiday traditions or winter activities they would like to do, but may not have the opportunity to. Plan a time together to participate in those activities (i.e. cookie decorating, candy making, sledding, watching holiday movies, drinking hot coco, etc.). It can also be a good time to talk about doing good deeds for others and take action together. Some ideas include ringing the Salvation Army Bell, donating to the Giving Tree or Toys For Tots, volunteering at a food bank, or making cards for nursing home residents. Enjoy your time together, and happy holidays from Bridges!

## Reminder

**Mentors, Don't Forget!**  
**Match Activity Logs are due monthly**

Logs need to include the date(s) of meeting, length of time, description of activities. Fill out the [web form](#), or email to Nicole at: [mcbridgesmentoringprogram.com](mailto:mcbridgesmentoringprogram.com)



**Bridges Mentoring Program**





# Updates



**Do you have 1 hour  
a week to spend  
with a child?**

**bridges mentoring**  
mentor one child • change two lives

**VOLUNTEERS NEEDED**

We have youth from Osage, Riceville and St. Ansgar schools waiting to be matched with caring adults

Visit:  
[bridgesmentoringprogram.com](https://bridgesmentoringprogram.com)  
to submit a volunteer application under the "Get Involved" tab



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## Your Input is Wanted

We are conducting a survey of Mitchell County residents to determine the level of need for youth mentoring in Mitchell County. If you have not already, please take a few minutes to complete the short online survey. Your input is important to us.

[Take the Survey](#)

