



What's Happening



May is Mental Health Awareness month. Mentoring plays an important role in supporting the mental health of young people. Mentors can be a listening ear, provide perspective and reassurance, be a confidant, or be another adult that can observe early warning signs. If we can identify early signs of mental health concerns we can work together to respond in a supportive and caring way to help them access any other resources they may need. Mentors do not take the place of mental health professionals, but they can be a piece of the puzzle that supports the health and overall well being of our young people. Being a mentor also often provides feelings of fulfilment and connection for the adult, thus supporting their own mental wellbeing too!

Mentor one child, change two lives

Summer and the end of the school year are right around the corner. This is a great time to talk with your mentee about any special activities they would like to do this season and make a plan for accomplishing them. These conversations show them you are taking interest in their thoughts and ideas, and also demonstrate goal setting. If they are playing ball you can consider attending one or more of their games to show your support, or help them practice their skills by playing catch (this is a great way to get them talking too). All current matches will be receiving tickets to attend a Cedar Summerstock performance, and a punch card for the St. Ansgar pool, thanks to Shop on State. We are grateful to be able to offer these opportunities and resources to our matches, because they open up access to these experiences for the mentees and ease some planning and financial burden on the mentors part.

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



Event Info.

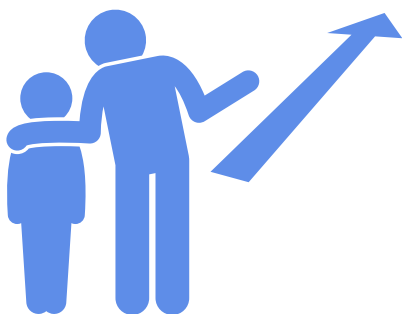
NATIONAL MENTAL HEALTH AWARENESS MONTH



May is National Mental Health Awareness Month! Did you know that 58% of young people say their mentor plays a key role in supporting their mental well-being? Mentors can foster safe spaces for compassionate and open conversations. All moments of connection make a big difference. For resources on supporting youth mental health, visit: <https://bit.ly/3nSkA7m>

Upcoming Events

- **Mid May:** Round Up to support Bridges at Randy's Neighborhood Market
- **6/3/25:** Iowa Mentor "Mentoring Mindset" training; 4:30-6pm (virtual)
Registration Required
- Family Picnic: **Date TBD**



April 30th, 2025
10:00-11:30am
Or
June 3rd, 2025
4:20-6:00pm

FREE TRAINING FOR MENTORS

Iowa MENTOR will host a virtual training session on the mentoring mindset twice before the end of the year. This is a training for any individual that would like to be a mentor or is serving as a mentor in a mentoring program. A perfect "first step training" where we will explore some critical attitudes, beliefs, and behaviors that serve as the foundation of being an effective mentor. Participants will receive a certificate of completion and should come prepared to learn and interact with others.

Adopting a Mentoring Mindset is an hour and a half training on critical attitudes, beliefs, and behaviors that serve as the foundation of being an effective mentor. A "mentoring mindset" is a way of thinking and interacting that place young people at the center of the mentoring relationship and allows those of us serving as mentors to be true partners in a young person's journey.