



Resources for Mentors:

Thanks to all of you who attended "Mentors Have Feelings Too", our quarterly training. We were joined by our summer intern, Nadia and several case managers from the ILP program. It was a lively group and a time for reflection on the many varied feelings that each of us has. Too often we are unaware of how we are feeling and too busy to pay attention to the fact that our feelings are trying to communicate something to us.

As Mentors, it is important to do our best to model healthy communication and good relationships. One of the gifts in being a mentor to an adolescent is that it keeps us honest! They have excellent radars and know when adults are not being genuine.

While you are going about your daily life, you might notice the feelings that you experience. Mentees have many, many feelings but certainly they feel vulnerable, abandoned, scared, lonely, confused, excited, nervous, hopeful, etc. If you are aware of how many different feelings you have in a day, you are better prepared to talk with your mentee about how he/she is feeling. What a gift for our youth!

Timely Mentor Logs

March Winner:

Annie Moorman

(A gift card is in the mail to you)

Welcome Summer!

We would love to hear your stories & especially have photos of you and your Mentee to put up on our conference room wall!

This summer weather seems to inspire all of us to be out and about and experiencing the wonders of living in the Northwest. What have you and your Mentee been up to?

Remember that there are many free concerts in the parks around town and lots of fun events like "Saturday Markets" in the outlying areas of Gresham, Beaverton, etc. Even Vancouver has a nice market but be sure to get permission from your Mentee's DHS case worker if you want to cross over the river to WA for any reason.

Having trouble thinking of things to do? What did you enjoy doing when you were a teenager? (OK, maybe not *everything* you did as a teenager!) Think back to how simple things were a blast. Frisbee in the sand, a picnic, if your youth is into cars, Cruise-ins can be a hoot.

Some mentees have never seen the Oregon coast or traveled along the scenic highway to Multnomah Falls. The Rose Gardens (www.rosegardens.org) are beautiful at this time of year as are the Japanese Gardens (www.japanesegarden.com) and the Chinese Gardens (www.portlandchinesegarden.org)

Please write in your ideas, send photos and lets inspire each other to try new things this summer!

Our Mentors Out & About

- 4 new Mentors were trained on June 24th. A warm welcome to Tonya Carolyn, Caitlin, and Shannon! Hopefully you will meet them soon.
- Congratulations to Jenn Marcy who will be flying to Hawaii in July and getting married. Her (very lucky) Mentee will be going along!
- New Seasons Fundraiser is scheduled for July 25th and 26th. We could use a few more volunteers. Mentors can come alone or bring Mentees. It will be a fun time to hang out together and share about our program with others.



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