

YOUTH SUCCESS! MENTORING

A PROGRAM OF THE
SNOQUALMIE VALLEY COMMUNITY NETWORK
IMPORTANT UPCOMING DATES!



WINTER 2020



Mentors can help give Hope to Mentees. Hope can change lives!

What is Hope?

Hope is believing your future can be better than your past and that you have a role in making it happen.

Casey Gwinn JD & Chan Hellman, PhD.

When people have a higher level of hope they make more achievable goals. When we experience trauma we are more likely to set avoidance short term goals and it is harder to set long term goals.

As mentors our goal is to nurture Hope in our mentees. Kids want trusted relationships, partnerships and collaboration. Relationships are at the heart of changing systems. Adult mentors help to increase hope and mitigate negative consequences. Mentors take the Hope Theory and help their mentee's imagine a future they desire & strategies to achieve it through a positive developmental relationship. We can model to our mentees how we ourselves set goals and have the willpower and pathways for achieving those goals.

Remember it is done in baby steps by first building relationships and trust which takes time. A great read about Hope is Hope Rising by Chan Hellman and Casey Gwinn. Come see Chan Hellman in person at our next mentor roundtable and training.

"Everything is done through hope." Martin Luther

Thank you for all you do,

Heather and Karla

Children Succeed when they are surrounded by adults that BELIEVE they can succeed.

~Kids at Hope



KEY DATES!

Mar 12 *Mentor Meet up Rustic Cabin Duvall*
9:00 am - 11:00 am

Mar 18 *Mentor Roundtable, 6:30 pm*
Riverview School District Office, Duvall
Guest Speaker: Chan Hellman; Hope Rising
register here: <https://svcnhope.eventbrite.com>

May 15 *Mentor Appreciation Breakfast, 9:30-11:00 am*

Rise & Shine Volunteer Breakfast, 7:30-9:00 am

June 2 *Riverview Education Center*

To nominate a volunteer go to <https://snoqualmievalleycommunitynetwork.org/rs/>



Mentor Tips

3 to help your mentee build Hope.

- 1** Create a meaningful sustainable relationship where you believe that your mentee can succeed, no exceptions!
- 2** Give your mentee opportunities to succeed. Help them to search themselves for all the talents, skills and intelligence that exist in all children! Then acknowledge those successes! Both small and large.
- 3** Small successes today allow children the ability to envision success in their future. Success can occur in many of life's destinations: Home & Family, Hobbies & recreation, Community & Service and Education & Career.

Hope is the ability to visit your future mentally, and believe that you can have a sense of achievement, are valued and appreciated!



Reminder!

If you are feeling ill make sure to stay home. If you have been exposed to the Coronavirus please report to YSM Staff & Site Coordinator. Thank you for your cooperation!

Remember to check the schools calendar for school closures and call the school before your weekly mentoring session to confirm your mentee is available.

Thank you!



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