

FAMILY PICNIC

The best time is family time.

For the month of May, we are doing a family picnic. I encourage as many families for the mentors and mentees to join so I can continue to meet everyone. The picnic will be held in Terril Park Saturday, May 7 from 12:00 p.m. to 2:00 p.m.



AT HOME FAMILY ACTIVITY

May Family Activity. Shake it out with these water bottle maracas.

Feeling pent up? You can't stop the music; so just shake, shake, shake. Raid the recycling bin for plastic bottles and toilet paper rolls to turn into maracas for your next dance party. Rinse the bottle, and then remove the label. Fill with fun small things like buttons or beads. Hot glue around the bottleneck and twist the cap back on.

"Time together as a family is a gift" -Joanna Gaines

MAY TRAINING: VAPING 101

In May, there will be three training opportunities for mentors, parents/guardians, and friends of mentoring to learn about two important topics.

On Wednesday, May 18, Kathy Schwartzhoff will host a Noon to 1:00 p.m. "Lunch and Learn" session via Zoom on Vaping 101. On Thursday, May 19, Sam Jennerjohn, the Delaware County mentoring coordinator, will host from 5:30-6:30 p.m. Both presentations will have the same information, hosted by two different presenters to give you a better opportunity to attend. Links for each training are below.

On May 25, Kathy and Sam will co-host to share with everyone about the resources offered by Your Life Iowa. Your Life Iowa is an everyday resource in the areas of drugs, alcohol, gambling, suicide, mental health concerns, and more. We hope you will join us!

CALENDAR OF EVENTS

May 7

- Family Picnic, Noon-2:00 p.m., Terril Park

May 18

- Vaping 101, Noon-1:00 pm., Zoom: www.bit.ly/VapingTraining

May 19

- Vaping 101, N5:30-6:30, Zoom: www.bit.ly/Vapinglink

May 25

- Your Life Iowa Training, Noon-1:00 p.m., Zoom: www.bit.ly/SpringYLJ

STEERING COMMITTEE MEETINGS

May 18

- Via Zoom, 11:30 a.m-12:30 p.m

PONDERING QUESTION

What do you do when someone you know is doing something wrong, like cheating, stealing, or smoking?



NOW IS THE TIME TO BECOME A MENTOR.

"Being a mentor is a great experience and I learn so much from my mentee every time we are together!"- Mentor
 Contact Sam Jennerjohn or learn more at www.helpingservices.org/mentoring

Vaping 101, May 18-Pre-register at: www.bit.ly/Vaping101reg

Join at: www.bit.ly/VapingTraaining

Vaping 101, May 19-Pre-register at: www.bit.ly/Vaping101reg

Join at: www.bit.ly/Vapinglink

Your Life Iowa, May 25-Pre-register at: www.bit.ly/YourLifelowa2

Join at: www.bit.ly/SpringYLJ

This is a publication of Youth Mentoring at Helping Services: Mentoring Connection for Delaware County.

WWW.HELPINGSERVICES.ORG/MENTORING



WILL YOU BE MY MENTOR?

Hello I am Jeremiah, I am in 2nd grade at Lambert Elementary. I like playing video games, riding my bike and scooter, and hanging with friends. When I grow up, I want to play soccer and basketball.

YOUR LIFE IOWA RESOURCE

They walk beside you so you're never alone. When you don't know who to turn to about a problem with alcohol, drugs, gambling, suicidal thoughts or mental health, Your Life Iowa is here 24/7.

They provide free, confidential support and connect you to resources meant to help you get your life back on track.

Call (855) 581-8111

Text (855) 895-8398

Live Chat - visit www.yourlifeiowa.org and click the Chat button.

To learn more or schedule a training on Your Life Iowa and the resources available, please contact Sam at sjennerjohn@helpingservices.org or (563) 379-3454



IOWA
DEPARTMENT
OF PUBLIC
HEALTH



HELPING SERVICES
for Youth & Families

MENTORING STAFF

Contact Sam Jennerjohn, Mentoring Coordinator
sjennerjohn@helpingservices.org
PO Box 493 Manchester, IA | 563-379-3454

SPRING SURVEYS

Youth Mentoring needs your feedback. Twice per year mentees are asked to complete our surveys. These surveys measure our eight youth goals and information about substance abuse prevention issues. Once per year, mentors and parents/guardians are also asked to complete surveys. Mentors and parents/guardians, watch emails for a link or your mail for a survey. Please complete the survey promptly and return it.

Sam's mentees **MUST** complete these surveys in person per the funder's request. Surveys will be available at the Manchester office as well as all upcoming events.

JUNE TRAINING: PEER PRESSURE

In June, there will be a training opportunity for mentors, parents/guardians, and friends of mentoring to learn about peer pressure. It will be facilitated by Sam Jennerjohn.

As adult role models for youth, there is a unique opportunity to have one-on-one conversations with youth to help them as they are pressured to do risky behaviors. Attend the training to be reminded of the many tools you already carry in your "talking toolbox" and to begin carrying a few new ones.

JUNE EVENT

Get your game faces on! We are going to Palmer's Family Fun in Waterloo in June! Mentors and mentees will get the chance to go-kart race, mini golf, jump on the jumping pillow, and enjoy the batting cage. Keep your eyes out for the date and time of this group outing.



Our newest match, Cody and John, recording a radio ad for Youth Mentoring.