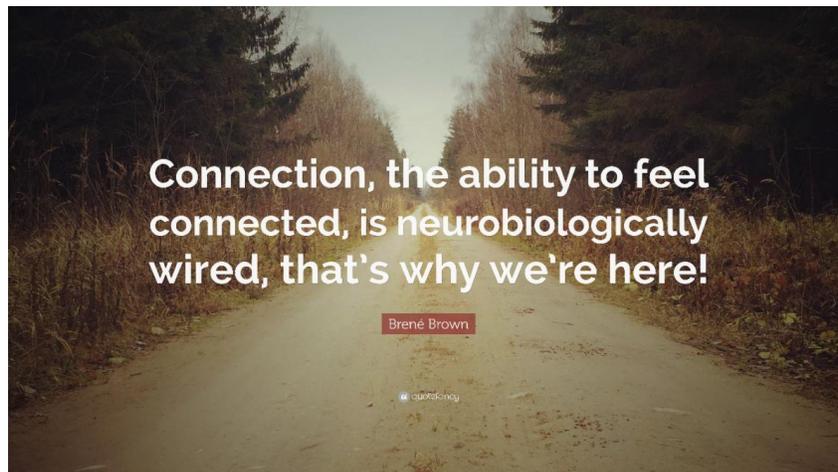




# Mindful Mentoring

Our March  
mentoring focus is...

Staying Connected



Social distancing does not mean *emotional* distancing. In these uncertain and scary times, your Buddy needs your friendship and support more than ever. And you need theirs too!

If you have not reached out to your Buddy since the COVID-19 crisis began, please do so today.

## HOW to stay connected?

Now is the time to get *CREATIVE* with how you connect with your Buddy, in spite the physical separation.

Here are some ideas! Click the [LINKS](#) to access the activity ideas and/or to request the activity materials from the Buddy Program.

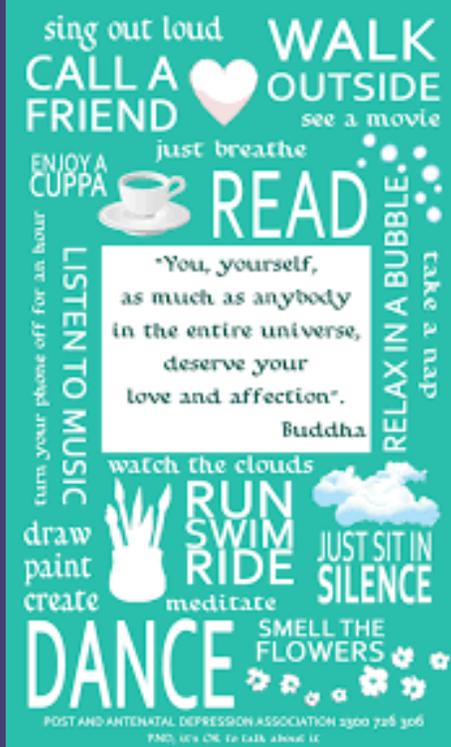
1. [Lemons into Lemonade Conversation Prompts](#)
2. Become [PEN PALS!](#) Click the link to receive a kit. Each Big Buddy and Little Buddy will receive blank note cards, self-addressed stamped envelopes, and Little Buddies will also get colored pencils to decorate the card.
3. Engage in an activity challenge with your Buddy! [Learn "together" how to juggle.](#) We will send juggling balls to both you and your Buddy, just [click here](#). Other ideas: challenge each other to an ongoing soccer ball juggling contest. Create an exercise schedule or take a [yoga](#) or [Zumba](#) class "together."
4. Create a [mini book club](#) between you and your Buddy! Click the link to request a book and we will send one copy to you and one to your Little Buddy. You can read aloud to each other by phone, or read independently and discuss. If your Buddy has internet access and a library card, you can also access books and videos through the local libraries.
5. Take a [virtual field trip](#) together, then discuss it afterwards!

\*\*Please email us any other ideas you come and your Buddy come up with and send us pictures!

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Please remember  
*SELF CARE* during  
this time.

Click the link below  
for tips on managing stress  
during the COVID-19 crisis *plus*  
valuable community resources  
to help you manage.



Wondering how to support your Buddy *emotionally* during this challenging time?

Check out an excellent article by clicking the link below



**Providing Comfort to Youth during Challenging Times**

## INSPIRATION...



Remember, your case manager is here for YOU.  
Please reach out if you need support or if you sense that your Buddy or his/her family need support.



Call your Case Manager



Email your Case Manager



Request to meet with your Case Manager



[CLICK HERE](#) to read more about the Developmental Relationships Framework

