

Mentor Meeting
2/1/2024

Updates

- Keith Nuthall mentor representative
- Board minutes on website
- Clubhouse updates/new location?
- YPL's Role
 - Unmatched youth priority
 - Family
 - School contact
 - Programming
 - Mentor communication
 - School information on youth
 - Family crises
 - Behavior issues
- Mentor Trainings reminder
 - Darkness 2 light
 - CPR/First Aid
- MVR Driving Records Check
- CoF News
 - 43 CoF Youth
 - 1 new youth starting this week!
 - 27 mentors
 - Partial Enrollment – 4 Youth all in MS
- School Updates – Shaina
- February schedule
- Mentor Appreciation Date Change – now April 20th – save the date!!

Discussion on Existential Dread

Existential dread is a feeling that often accompanies existential crises. It's characterized by an anxiety and discomfort that occurs when a person is confronted with existential questions, like those about the meaning of life, values, loneliness, death and freedom.

- <https://apple.news/AjWmrte5nSDucTCnJdNn-6Q>
- Happiness Activity – if time

Next Mentor Meeting:

- Supplemental Meeting, Wednesday, 2/14 @ 10 am
 - Mindfulness with Madelyn Stasko
- Mentor Meeting – Self Management, Thursday 3/7 @ 10 am