



BAGELS & BEST PRACTICE

SUPPORTING MENTAL HEALTH FOR MENTORS & THEIR MENTEES

Self-Care, Resiliency, Joy!! Sometimes these important elements in supporting mental health can get pushed aside in the pace. Join MENTOR Minnesota as we discuss ways to integrate these mindful practices into your mentoring program as well as provide you with resources to help center mental health & emotional well-being when building relationships with young people.

Target audience: mentors, program leaders, program staff or network of individuals interested in supporting mental health for mentors and their mentees.

May 3rd | 8:30-9:30 am CST

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TRAINING SERIES

ELEMENTS OF EFFECTIVE PRACTICE FOR MENTORING

Elements of Effective Practice for Mentoring Training Series: Join us for three engaging and energizing days as we walk through each of the Elements of Effective Practice for Mentoring. We will explore each element in depth with considerations & conversation how these best practices relate to our work and impact the successes of our program.

Target Audience: This training is highly recommended for those that have never been through an Elements training, those that are looking to start a program, and anyone that would like to be refreshed. This training will be led by the MENTOR Washington, MENTOR Central Ohio, & MENTOR Minnesota teams.

May 17th, 18th & 19th | 10:00-2:00 pm CST

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LUNCH & LEARN

PROGRAMMATIC FINANCIAL TOOLS: SUPPORTS, RESOURCES, AND GUIDANCE IN CREATING PROGRAM SUSTAINABILITY

Are you interested in learning more about how to create programmatic financial well-being and sustainability? Join MENTOR MN as we hear from Koa Mirai, a Financial Specialist with Propel Nonprofits. Koa works closely with nonprofit clients & is an expert in capital management and financial sustainability. We would love to extend an invitation for you to join us for this event & learn of ways to uplift & infuse your mentoring program.

Target Audience: program leaders, program financial officers & managers, program staff or network of individuals interested in learning more about programmatic financial tools.

May 31st | 12:00-1:00 pm CST

[REGISTER HERE!](#)

