

“A mentor empowers a person to see a possible future, and believe it can be obtained” – Shawn Hitchcock

Royal Throne January 2025 Mentoring



Mentoring a child through New Opportunities Mentoring Program is fun and rewarding for children and adults. Mentoring creates a special bond and can help build self-esteem, develop strong values, and provide a fun, nurturing environment. And you can do that in as little as 4 hours per month.

Youth who participate in a good mentoring program are:

- *Less likely to start using drugs
- *Less likely to start using alcohol
- *Less likely to skip a day of school
- *Less likely to hit someone
- *Less likely to lie to their parents
- *More likely to have better self-esteem
- *More confident in their schoolwork
- *More trusting adults



Know a youth needing a caring adult in their life? Scan our QR code and get access to our online application today!

Serving Sac, Audubon, Carroll, Greene, and Guthrie County Youth!

Our youth are waiting for people like you to become MENTORS. Consider becoming a Mentor today by scanning the QR code to apply!



New Opportunities Mentoring Programs
WE NEED MORE MENTORS

- Audubon: 0 youth waiting
- Carroll: 13 youth waiting
- Greene: 1 youth waiting
- Guthrie: 0 youth waiting
- Sac: 4 youth waiting



THE IOWA MENTORING PARTNERSHIP

**New Opportunities Mentoring is accredited through the Iowa Mentor, a Mentor National affiliate.*

Questions about Mentoring? Contact Ann Newman, Mentoring Coordinator at 712-792-9266 ext 1021 or anewman@newopp.org
Connect with us at www.newopp.org or follow us on Facebook!

January is Mental Wellness Month.
There's no better time than the beginning of a new year to take stock of your mental Health and learn new ways to improve your overall well-being.

HERE ARE 4 TIPS TO HELP YOU **Manage mental health**

| | |
|--|---|
| <p>Make a mental health plan for each day</p> <p>Keep your brain and body functioning by refueling them with nutrition.</p> | <p>Let your feelings be known</p> <p>In order to maintain mental health, you may need to release uncomfortable emotions.</p> |
| <p>Proactively manage your stress</p> <p>You can avoid being overwhelmed if you are prepared and plan your time.</p> | <p>Positive attitude toward others</p> <p>The desire to connect with others is hardwired into human nature.</p> |