

The youth of our valley need anchors and advocates who see their strengths.  
A caring, consistent adult can make all the difference.

## Training includes

- Strength Based Communication Techniques
- Trauma-informed Care
- Self-Regulation Practices
- Resilience Building
- Compassionate & Active Listening
- Uncovering Bias
- One to One & Circle Mentoring

**Jan. 29<sup>th</sup> and 30<sup>th</sup>**

To register:

**(541) 708 – 6688**

[RVMentoring.org/mentor-training/](http://RVMentoring.org/mentor-training/)

Volunteers: **Free**  
Community: **\$150**

*Mentors Needed!*

**Great  
Mentors  
Cultivate  
Resilience**

*Mentoring  
Essentials*

a  
training  
by

ROGUE VALLEY  
**MENTORING**

