

Northmen Den Youth Services presents



## **SPARK Mentoring Can Help Teens Understand Stress, Anxiety, Cyber-Bullying, Self-Confidence, & Compassion for Others!**

### **We know you have Big Dreams for Your Child!**

Does your teenager need a little extra help or reassurance? Are you certain that they would thrive if given the proper support? Would you like to see your student gain the courage to pursue their dreams?

### **We are excited to introduce our **free after-school SPARK Mentoring program starting this Fall!****

This evidence-based social and emotional learning program is designed to educate young people about their resilience and show them that their most genuine potential can be reached regardless of circumstances.

***“I had a family member tell me that he saw me running laps in prison - my mentor helps me see myself as a good person. Since I’ve gotten a mentor, I guess you could say, I changed my whole life around.”*** Fernando

**SPARK’S VISION: Everyone everywhere realizes their personal potential and achieves amazing things!**

***“I use to give my parents and friends an “attitude” but now I see myself as a therapist helping people with their problems.”*** Joelle

**SPARK’s Mission: To cultivate human potential, one thought at a time, through education, mentoring, and coaching.**

### **Students Will:**

- Understand their thoughts
- Have better emotional regulation (impulse control)
- Learn how to Bounce Back in difficult circumstances
- Believe in themselves

### **Parents Will:**

- See an improvement in child’s attitude
- Feel supported
- Feel good offering teens quality time with peers in a safe environment



This mentoring program is designed for students of all capacities! Between 20-25 students will join five adult Mentors and SPARK Facilitator, Kathy Petersen, for eight weeks from 3:30 to 5:30 each Wednesday. Lessons will include class discussions, live demos, games, idea sharing, group activities, skits and teamwork – it’s fast-paced and fun!

The program’s activities provide visual representation and reminders of how to manage critical thinking and delegate emotional responses. These are pivotal skills for students to gain the knowledge and wisdom of recognizing and responding instead of reacting to a situation that they don’t quite understand.

**“I can be anything I want to be for I am SOMEBODY”**

**SPARK’s Values: We believe no one is broken. We believe that we are all in it together. We believe in honoring diversity and inclusion. We believe in seeing the potential in everyone. We believe in respect and compassion. We believe that possibilities are infinite. We believe in transparency and communication. We believe that Love Wins!**

As we roll this program out, we are happy to invite our current high school students to join us! In the near future, we will be opening up SPARK mentoring sessions for students ages 13-22. Stay tuned for information as we open the program to new age groups!

LEARN MORE, or register your student, by contacting Kathy at 231-622-8044 or [kathy@northmendens.org](mailto:kathy@northmendens.org).

**Class sessions run 7-9 weeks. To register for the upcoming session, contact [kathy@northmendens.org](mailto:kathy@northmendens.org) or call 231-622-8044.**

**3:30 -5:00 SPARK  
5:00 – 5:30 SPARK Dinner**

**Location:**

Carnegie Building (across from Library)  
451 E. Mitchell Street, Petoskey, Michigan

*\*Space is limited to 15-20 students, so Register as soon as possible to reserve your teenager’s spot.*

Students can walk or take a school bus to Central Elementary to walk 3 blocks to Carnegie.



Northmen Den Youth Pantries, Inc. is a not-for profit dedicated to whether it’s individualized help, peer support or groceries that our students need, we’re there for them.

Special Thanks to our generous sponsors to provide seed money for this new Northmen Den Youth Service.

