

Match of the Month  
*Meet Dakayla  
and Danielle!*

Dakayla and Danielle have been matched for over 3 years, and they love to see each other and do lots of activities together!

They especially love baking and cooking, but also like going out to eat. Dakayla and Danielle enjoy sightseeing around Duluth by going to places like the Great Lakes Aquarium, Canal Park, and hanging out by the lake.

When they can't be together in person, they spend time together on Facetime and Snapchat.

This match has created a very good relationship, and Dakayla and Danielle feel that they will be close for a very long time.

Congratulations match!



*Matchiversaries*

<b>Mentee</b>	<b>Mentor</b>	<b>Match Date</b>	<b>Mentee</b>	<b>Mentor</b>	<b>Match Date</b>
Tyree	Michael Kane	2/03/2019	Myia	Miranda Rinne	2/11/2020
Nahla	Rachel Koenen	2/10/2020	Scarlett	Linda Kelly	2/19/2020
Crystal	Grace Billman	2/10/2020	Serenity	Laurie Pinther	2/25/2015

## Happy Black History Month!

By Sonja Wildwood, MA, LPCC clinical therapist  
with The Hills Youth & Family Services

It is February and it's African American or Black History Month. This month encourages us to look to past African American contributions to history in all realms (political, social/civil rights, religious, science, the arts, and more). It is also a time to celebrate black culture, experience, and excellence in the present. It's a great opportunity for youth to learn about important and inspiring figures and movements as a way to understand culture, history, and inspire kids to feel confident in their own worth and abilities. Each year the theme for Black History Month changes. This year's theme is **The Black Family: Representation, Identity and Diversity**. Mentors, families, caregivers, and other adults can be supportive and affirming of all of our youth by focusing in on black culture and history with our kids through engagement in books, movies, plays, lectures, conversations, readings, and more.

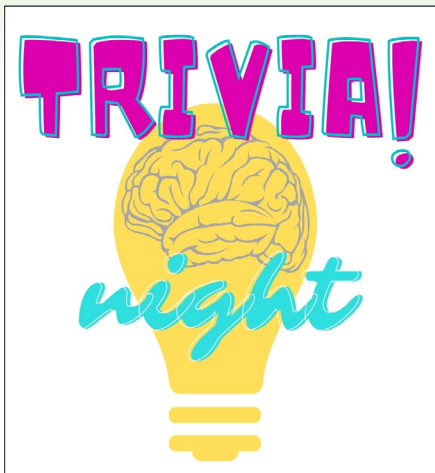


### **Here are some ideas for engaging in Black History Month with your youth:**

- Watch films centering black narratives or documentaries focused on black history and experience – talk about the film together afterward (PBS has several options and Netflix often has some great films)
- Read a book centered on black voices and stories together (this can be an autobiography of any length, fiction, children's books, poetry, etc. our local library often celebrates black history, check out their website for recommendations and activities)
- Celebrate black artists through music or visual art – several galleries have virtual exhibits and many musicians are playing online shows these days
- Do an internet search for virtual events celebrating Black History Month. A silver lining to the pandemic is that there is much more available virtually. Here is one recommendation for several free events online from the Association for the Study of African American Life and History: <https://asalh.org/festival/>
- Talk to your youth about what they are learning at school and on social media regarding black history and narratives
- Support black owned businesses and organizations locally and beyond
- Learn more about and support racial justice movements and organizations (for example: our own active local NAACP - <https://duluthnaacp.org/>)
- Continue the conversations and focus on the importance of black history and black lives beyond this month
- There are many other ways to engage in Black History Month – please share your ideas on our Facebook page!

Do you have questions or want to share an experience? Contact Sonja at 218-623-6476 or at [swildwood@thehillssyfs.org](mailto:swildwood@thehillssyfs.org)

Mentor North partners with Cambia Hills, a program of The Hills Youth and Family Services, to offer mental health consultation, education, and support. Check out their website at [www.thehillssyfs.org](http://www.thehillssyfs.org)



Calling all trivia lovers! Mentor North Trivia Night is the first Tuesday of each month, starting at 5:00pm on Facebook live. Mark your calendars, and keep an eye on social media for updates and reminders! All are welcome.



For the latest events and updates, be sure to check us out on social media. Find us @mentornorth on Instagram and Twitter and @mentorduluth and @mentorsuperior on Facebook.

## Let's Keep the Conversation Going!

While National Mentoring Month culminated with Thank Your Mentor Day on Friday, January 29th, we don't want the conversation (or celebration) to end there.

Imagine with us a world where young people feel empowered, encouraged, and understood. Mentors can and do make that world a reality.

We are thankful for all of the wonderful mentors in our Mentor North community, and we invite you to continue sharing your mentoring stories throughout the year.

If you would like to learn more about becoming a mentor, we invite you to start the conversation by contacting Katie at [kpease@mentorduluth.org](mailto:kpease@mentorduluth.org).





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