



The Mentors Plus Match

For members of the mentors PLUS Family

December, 2013

Vol. 1, No. 12

Julie's Corner

The Mentors Meeting in November offered an opportunity for a lively discussion on "Emotional Intelligence" - as well as time for networking with other mentors.

Hope many of you will be able to join us at the Southfield Library, on Wednesday, January 15, 6:00 p.m. This *Mentors Meeting* will include a light dinner, more networking and a discussion on Effective Problem-Solving and Peaceful Conflict Resolution.

Useful reading for Mentors:

Safe Passage - Making It Through Adolescence in a Risky Society: What Parents, Schools and Community Can do, by Joy G. Dryfoos (April 16, 1998)

Raising Resilient Children: Fostering Strength, Hope, and Optimism in Your Child, by Robert Brooks and Sam Godstein (August 28, 2002)

Pistons Tickets

Quite a few people have already started enjoying Piston's Games again. We are now taking requests for free tickets for a Friday night game with Charlotte on December 20th. Come join the fun!

Henry Ford Museum is dressed up for the holidays. Please let us know when you'd like to attend at least 10 days in advance and we'll see what we can do.

Julie Stitt, Volunteer Coordinator

Fun Things to Do Anytime

- * Make a holiday decoration to share with your family or friends. Try <http://www.craftideas.info>.
- * Find something that is broken in the house of you or your mentee, then figure out how to fix it.
- * Take colored pencils or pastels and make rubbings from nature, such as tree bark or pine needles. Create wrapping paper.
- * Practice playing an instrument or singing, then find a neighbor, nursing home resident or friend who might enjoy a musical gift.
- * Get some exercise by doing some walking at a mall or museum, while enjoying the colorful decorations.

Announcements

Remember to turn in your **Monthly Report** by Tuesday, December 10th.

Noel Night in Detroit takes place Saturday, December 7th. Free activities will be offered at The DIA, African American Museum, the Historical Museum, the Science Center & other places. Join the fun!



Quote of the Month

"Kindness in words creates confidence, kindness in thinking creates profoundness, kindness in giving creates love."

Lao Tzu

ALLGREATQUOTES.COM

During this holiday season, help your mentee recognize those in their lives who show them kindness with a small remembrance, such as something they've made, a poem, a piece of art, or a photograph. Learning to show appreciation for others is a lesson that continues to benefit the giver throughout life.

We Want to Hear from You!

The Match Monthly Newsletter wants to hear about what you're doing. E-mail your story (and pictures!) to StittJ@oakgov.com

Mentors Plus Orientation is 9:00 a.m. on December 14th in the Executive Office Bldg. Have anyone interested call Julie Stitt (248)858-0045.



Oakland County Youth Assistance

Mentors Plus

Be a friend. Show the way.

Oakland County Circuit Court-Family Division
Oakland County Youth Assistance
1200 N. Telegraph Road, Building 14 East
Pontiac, MI 48341-0452
248-858-0041



December 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 * Wild Lights at the Detroit Zoo, 5:30-9:00 p.m. \$10/parking \$5, 8450 W 10 Mile Road, Royal Oak MI, 248-541-5717, Find more dates: www.detroitzoo.org	2	3 * Yoga in Evening at 7:00 -7:55 p.m., \$6 per person Zumba in Evening at 8:00-8:55 p.m., \$6 per person Brandon Library, 304 South Street, Ortonville also on 12/10/13 and 12/17/13	4 * Oh Deer Wild Wednesday at Red Oaks Nature Center, \$2 per person, pre-register 248-858-0916 30300 Hales Road Madison Heights	5 * Cooking Chinese at Brandon Library, 7:00 - 8:30 p.m. pre-register 248-627-1460, 304 South Street, Ortonville MI	6 * Operation Good Cheer- 10:00 a.m.-7:00 p.m. at Oakland Airport	7 * Yule Log Bonfire and Crafting @ Wint Nature Center at 2:00 – 4:00 p.m. \$5 per person, pre-register 248-858-0916 all supplies included, * Silver Strings Dulcimer Society Live Music at Royal Oak Public Library, 222 E 11Mile Road, Royal Oak pre-register 248-246-3727 * Operation Good Cheer- 7:00 a.m.-1:00 p.m. at Oakland Airport
8 * Music at Main, Harmonica George from 3:00-4:30 p.m. or 5:00-6:30 p.m. at West Bloomfield Public Library, pre-register 248-682-2120	9 * Teens Mystery Craft at Highland Library from 5:30-7:30 p.m.	10 * Holiday Extravaganza with Santa & Reindeer, holiday garden party, dress for the weather at 7:00 p.m.-8:00 p.m., Salem-South Lyon District Library, 9800 Pontiac Trail, pre-register at 248-437-6431	11	12 * Teen Wearable Art Workshop, 6:30-8:30 p.m. at West Bloomfield Public Library, pre-register 248-682-2120	13	14 * Yule Log Bonfire and Crafting @ Red Oaks Nature Center at 2:00-4:00 \$5 per person pre-register 248-858-0916 all supplies included * Wint Nature Center Christmas Bird Count from 4:00-7:00 p.m. pre-register, 248-858-0916
15 * Story Time With Santa at 11 Dinosaur Hill Nature Preserve, 333 North Hill Circle, Rochester	16 * Polar Express Movie at 6:30 p.m. at Salem-South Lyon District Library, 9800 Pontiac Trail, South Lyon, preregister at 248-437-6431	17 * White elephant Gift Exchange & Pizza for grades 6 and up at 7:00 p.m. at Salem-South Lyon District Library, 9800 Pontiac Trail, South Lyon, pre-register 248-437-6431	18 * Jazz and Blues @ Your Library- Gwen and Charles Scales at 6:30 p.m., \$5 per person, \$3 for Friends of Southfield Library, kids 12 and under free, Southfield Public Library 26300 Evergreen Road Southfield MI pre-concert starts at 6:00 p.m.	19	20	21
22 * Novi Ice Arena Skate with Santa, \$5 and \$3 skate rental, 42400 Nick Lidstrom Drive 248-347-1010	23	24	25	26	27	28
29	30 	31 				

More Wonderful Activities

- * 1st Friday of the month is free at Cranbrook Art Museum
- * Watch local college athletes compete at Oakland University; cost is \$5 for adults and \$3 for children 12 and under. The website for the schedule of events is <http://ougrizzlies.edu>
- * We have a couple of passes available for the Bounce House in Madison Heights. First come, first serve.

PLEASE CHECK YOUR LOCAL LIBRARY FOR STATE PARK PASSES THAT WILL ALLOW YOU TO GET INTO THE PARKS FOR FREE.

*Need to register for events at community library's websites.

** Lakeland Ice Arena 73300 Highland Road, Waterford MI 48327 has open skates on Saturday and Sundays with free tickets given to Mentors Plus. Please contact Julie Stitt 248-858-0045 to receive your ticket.



Check local communities for winter festivities, but here are a few:

December 2: Southfield Tree Lighting and visits with Santa 6:30- 8:30 p.m. at Southfield City Hall

Clawson Tree Lighting at Blair Memorial Library 6:30 p.m.

December 6: Auburn Hills Tree Lighting

December 7: Lake Orion Holiday Lights Parade 6-8:00 p.m.

Pontiac Winter Fun Festival 8:30 -10:30 a.m., Parade at 11:00 a.m.

Noel Night at Midtown Detroit Cultural Center Area 5:00 -9:30 p.m.

Berkley Holiday Lights Parade at 2:00 p.m.

Farmington Tree Lighting at Governor Warner Mansion at 5:30 p.m.

Breakfast with Santa at The Community House in Birmingham \$19 per person at 9:00 a.m. www.tchserves.org to purchase tickets or can contact Birmingham Youth Assistance at 248-203-4300

December 8: Skate with Santa in Berkley \$2 skate rental fee and 2 canned goods

Rochester Christmas Parade 2:00 -4:00 p.m.

December 14: Holiday Lights Night at Depot Park in Clarkston 6:00 p.m.

Christmas Caroling at Clawson City Hall 6:00 p.m.

Ferndale Fire and Ice Festival 11:00 a.m.-6:00 p.m.

Farmington Hills Holiday shopping Expo at Costick Center 10:00 a.m. – 5:00 p.m.

Youth Focus on next page....

Youth Focus: Abandonment

Mentors: *Some of the youngsters participating in our Mentors Plus program have experienced abandonment at some point in their lives. Some basic information about this topic is included below. Please feel free to call, if you would like additional information or have any questions. Thanks!*

Abandonment issues often arise from repeated childhood loss. When children feel abandoned, they may develop feelings of shame and poor self-esteem. Many different situations can cause a child to feel abandoned. It can be actual physical abandonment by a parent through divorce or death or it can be a subtler loss. If a child does not feel safe, he may develop abandonment issues. Because young children completely depend on their caretakers, they are very sensitive to any real or perceived abandonment. These experiences can result in continuing effects as youth develop.

What do Children who feel abandoned often think?

I have no support
People and relationships are exhausting
I am invisible
I am unlovable
I can't trust others
My needs are not met
I am insecure
I need approval from others
I cannot do anything right
I am rejected and betrayed by others

A Few Suggestions for Dealing with Feelings of Abandonment

- Allow young people to express feelings. Give them space to vent without offering judgment or solutions or minimizing feelings. If an adolescent is uncomfortable with talking, encourage other forms of self-expression such as art, writing in a journal or making music.
- Praise kids for specific accomplishments to help build self-esteem. Encourage him/her to try new things and give congratulations, when it's done. This helps youngsters feel better about him/herself.
- Provide a good example for young people. Set healthy boundaries. Even more importantly -- emulate these traits for youngsters.
- Affirm each young person's own unique qualities.
- Instead of arguing over things, you may wish to simply respond with a benign statement, such as "I can understand why you might feel that way right now." Acknowledging that the young person has been heard and that you can understand why he or she feels the way they do can help immensely!

We all need...

to be nurtured
to be listened to
to be understood
to feel valued
to feel accepted
to feel loved
to feel safe

Sources: <http://www.handbacktogether.com/abandonment-resources/>, <http://www.psychologytoday.com/blog/the-many-faces-addiction/201006/understanding-the-pain-of-abandonment>, <http://singleparents.about.com/od/parenting/a/abandonment.htm>, <http://everydaylife.globalpost.com/deal-teen-feels-abandoned-1439.html>