

### **Dear 3rd Grade Parents ,**

We are the East Granby Youth Services - Mentorship Program. We have the pleasure of visiting your children at the end of the school day once a month. First, let's back up.

Youth face a lot of challenges for their young age, and rarely are properly equipped to face these challenges. The schools, you (their parents), and many of the people they will meet in their young lives try to teach them all they can to prepare them for the harsh world that lies ahead. However, what lies in wait in the world, always seems to prevail. According to Mental Health America, "20.17% of youth (ages 12-17) reported suffering from at least one major depressive episode (MDE) in the past year." That is 1 in 5 children. Mental health is a consistently growing issue in our youth, but sadly not nearly enough awareness is made.

The mentorship program, aims to educate your children with the tools and knowledge that they need to live a mentally informed and stable life. However, there is more to it than that. Children naturally look up to older youth in their community as role models. The mentorship program leverages this, by having middle and high school students as the teachers, or mentors. This also has the doubled sided effect of teaching our mentorship members more about mental health and fostering leadership and communication skills as well as how to work with youth, and much much more.

The group meets once a month to form a entertaining, yet informative lesson that is designed to help you children retain the information, while also having fun doing it. We are really excited to be entering our 4th year of operation. Throughout these years, one of the main pieces of feedback we have received is that the parents would really like to hear more about what we are talking about in the classroom. So going forward, each month when we go into the school, you can come back here to see a new newsletter discussing not only what we did in the classroom, but also how you can continue the conversation with your child at home.

### **Continuing the Conversation:**

We hope our time in the classroom is able to teach your kids valuable life lessons, but we can only do so much. We would love if you, as their parents, can continue the conversation in your own homes with them to reinforce our teachings. Additionally, you know your children the best and can provide personalized insight to them to help them better understand what we are teaching in class. We haven't been in the school yet this year, but for this month, it may be helpful to tell your child about our visit in advance and even ask them about our upcoming topic:

### **This Month:**

This month, We will be doing an introductory lesson talking about the basics of what mental health and wellbeing are!

Thank you for taking the time to read this whole newsletter! In the future they won't be as lengthy. Please check back in to find out next newsletter. While we believe our program can have an impact, you spend the most time with your children and have the biggest impact of all! If you have any question please reach out to Mason Briddell-Williams in the Youth services office.

**First Visit: December 11th 2025**

### **Contact us**

**Phone: 860-653-7880 Facebook: East Granby Youth Servces Email: [mason@egtownhall.com](mailto:mason@egtownhall.com)**