

Mentorship Newsletter



Volume I May 4, 2020

From all of us...

Happy Monday, Mentorship! We are looking forward to having another exciting week with school and Program! Remember to take care of your mind, body and heart. ❤️

Missing you all so much!

- Your Mentorship Program Team

Weekly Program Schedule

Monday:
Daniela



Wednesday:
Alyssa* & Daniela

Thursday:
Kachi, Mariel, Mateo.
*Roxanne, Tasneem

Friday:
Liu & Tasneem

✔ Youth must have a Gmail account to join! Need help setting one up? connect with your youth worker!

*Alyssa is live on Facebook & Instagram
*Roxanne is on Microsoft Teams

Get to Know...



My name is Mariel Manago, I was born in the Philippines and moved here to Canada when I was 16 years old. I studied at SAIT and took Business Administration majoring in Human Resources. I am very passionate about working with people-

especially the youth. I like hopping on new trends and staying hip. Really into trying out new things and food of course. My favourite quote is "Be Happy" and that leads to my fun fact which is that I had "BE HAPPY" tattooed on my arm to remind me to always be happy and positive even when things are rough. There is something to always be happy about!

★ Quote of the Week ★

"Feelings of worth can flourish only in an atmosphere where individual differences are appreciated, mistakes are tolerated, communication is open, and rules are flexible – the kind of atmosphere that is found in a nurturing family."

- Virginia Satir

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Immigration, Refugees and Citizenship Canada

mentorship@cbfy.ca

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Events & Resources

Text **COVID4HOPE TO 393939** for daily texts and encouragement during this time!

Kindness!

Kindness is all about helping others! How does kindness help us?

1. Lowers stress
2. Makes us feel happy
3. Increases good mood
4. We feel better about ourselves
5. Distracts us from problems and challenges

Get out into your community and spread the kindness!

Check out our local Canadian Mental Health Association for more fun facts like these!

<https://cmha.ca/>



Mentorship Shares...

Easy Ice Cream Recipe!

- **2 cups** of whipping cream - whip until creamy!
- Add **half a cup** of sweetened condensed milk - continue whipping at low speed
- Add **1 whole egg**, and **2 tablespoons** of vanilla extract - continue whipping at low speed
- Add chocolate sauce **or** caramel **or** cookies crumbs **or** fruit juice to customize
- Refrigerate overnight

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