



# Kinship Konnections

“Kinship Empowers Youth to make Positive Life Choices Through Relationships with Caring Mentors”

Volume 26, Issue 1  
Jan 2018 Family

## Activities Coming up to share with your Mentor....

Feb 1-28 - “Movie with your Mentor” Stop by the Park Theater with your mentor , and pick up your free tickets & snack to enjoy any age appropriate movie during the month of February. (one-time ticket for mentor & mentee, courtesy of Kinship)

3/17/18 - “Ice Cream Social & Games. “

Sat from 1:30-3:00 PM @ Kinship’s Office **RSVP: 3/15/18**

4/17/18 - “Mentor's Appreciation Dinner .”

Tuesday from 5:30-7:30 PM @ Riverside United Methodist Church **RSVP: 4/16/18**

5/19/18 - “Challenge Course.” @ Challenge Course North of Town

Saturday - From 9-12 PM **RSVP: 5/14/18**

## Return Medical Release Form!!!

**THIS FORM** is *critical, essential and absolutely necessary* for mentors to have when they spend time with your child. It is necessary in case of an emergency, without the signed form your child will not be able to get medical care if need it.

This form is good for up to one year from the date you sign them.

***If you have any questions please call Kinship!!!***

## 2018 Kinship Fundraisers Volunteering Events Opportunities

4/20/18 25th year Celebration Dinner @ Necce’s

5/11/18 Fish Fry @ the American Legion

6/16/18 Amazing Chase @ Heartland Park

8/22/18 Mini Golf @ Evergreen Fun Park

9/21/18 Spaghetti Dinner @ the American Legion

Summer is coming!!!

Return Boating & Swimming Permission Forms

**The form needs to be signed and returned to Kinship ASAP.** Please return them now with the medical release form and you will be set for the year.  
**Thank you!**

## Interested in Summer Camp? Start earning your Empowerment Points ASAP - Ask your Mentor!

The Empowerment Points can be used toward the cost of attending summer camp! You can earn 1 point for each hour of community volunteering and/or Kinship programming participation. The program is applicable to top point earners, while funding is available. Top point earners are not guaranteed a campership. Camperships are subject to available funding on a year-to-year basis. For more information contact Kinship 732-0058



# Kinship

Kinship of the Park Rapids Area  
401 Huntsinger #708  
PO Box 282  
Park Rapids, MN 56470

Phone: 218-732-0058

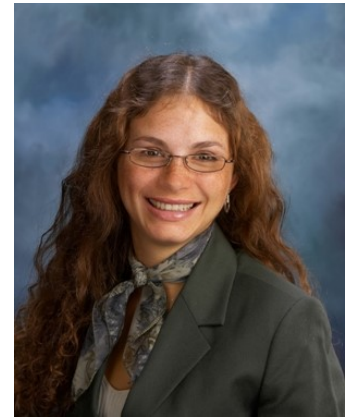
E-mail: [kinship@unitelc.com](mailto:kinship@unitelc.com)  
<http://kinshipparkrapids.org/>



## Mentoring Works!

We all need positive role models in our lives whether we are children or adults. This role is often filled by parents, grandparents, teachers, pastors, family friends, and extended family. Children coming from single parent households and/or being raised by a grandparent end up spending much of their time with one adult who may be juggling work and all the household responsibilities. This means that kids, despite the best effort of the parent, often end up fending for themselves.

Mentoring can help by providing positive life experiences to enrich a young person's life, improve their attitude and decision making, expose them to new adventures, help them discover new experiences that may help them decide on a career path, encourage them to be motivated, help them face social & academic chal-



**Rosymar Hjermsstad**  
Executive Director

Mentors serve as a trusted friend, positive role model, and most importantly help build resilience. As children we all needed someone to inspire us to dream, encourage us to work harder and build us up by persevering and believing in us.

Mentoring can enhance those possibilities by acting as a positive role model and give children a sense of hope.

**ACEs or Adverse Childhood Experiences** are potentially traumatic events that can have negative, lasting effects on health and well-being.

ACEs include: Emotional abuse, physical abuse, sexual abuse, emotional neglect, physical neglect, mother treated violently, household substance abuse, household mental illness, parental separation or divorce, incarcerated household member, bullying by another child or adult, witnessing violence outside the home, witness a brother or sister being abused, racism, sexism or any other form of discrimination, being homeless, natural disaster and war.

### Exposure to childhood ACEs can increase the risk of:

Adolescent pregnancy, alcoholism and alcohol abuse, depression, illicit drug use, heart disease, liver disease, smoking, suicide attempts, unintended pregnancies. We now know that leading causes of disease and disability, learning and productivity problems, and even early death have their roots in the cumulative impacts of Adverse Childhood Experiences (ACEs).

**Having your child in Kinship is one way to help them overcome the ACEs in their life! Learn more about what you can do to help build, strengthen their resiliency.**

### COMMUNITY TRAINING OPPORTUNITY to better understand ACEs

- |                                   |  |
|-----------------------------------|--|
| March 1st - "Paper Tigers Movie"  | @ Calvary Lutheran Church from 10 AM - 12:30 PM  |
| March 2nd - "Resilience Movie"    | @ Park Rapids Public Library from 10 AM - 12 PM  |
| March 6th - "Paper Tigers Movie"  | @ Park Rapids Public Library from 1 PM - 3:30 PM |
| March 7th - "Resilience Movie"    | @ Park Rapids Public Library from 1 PM - 3 PM    |
| March 10th - "Paper Tigers Movie" | @ Park Theatre from 1 PM - 3:30 PM               |
| March 14th - "Paper Tigers Movie" | @ Park Theater from 7 PM - 9:30 PM               |
| March 7th - "Resilience Movie"    | @ Park Theater from 7 PM - 9:00 PM               |

*Kinship is celebrating 25 years of youth mentoring!!!!*