

INSPIRING
CREATIVITY
IN
MENTORING
SYMPOSIUM

Hosted by
Free Arts

In Partnership With



Saturday, April 20, 2024

The Desert Willow Conference Center
4340 E Cotton Center Blvd, Phoenix, AZ 85040

Morning Agenda

Cottonwood Ballroom

8:30-9:00 Breakfast

9:00 Opening Greetings

Remarks by Matt Sandoval, LMSW, M.Ed., Free Arts' Executive Director

9:15 Experiential Art Session: Community Music Making with Found Sounds

Frank Thompson & Folade

10:00 Plenary Special Speaker

Remarks by Karen Johnson, Ph.D., New Pathways for Youth's CEO

Speaker: Terra Schaad, LPC, SEP (Founder and Executive Director of Hunkapi Farm)

How your past affects your present: A guided experience on how trauma affects our ability to create safety and connection.

10:50 Break – 10 minutes

11:00 Breakout Session 1 - Participants may choose the topic

Ocotillo Room

Topic 1: Unity in Mentorship: Crafting Collaborative Communities

Briana Clark & Mark Garcia

Dive into the power of community in our breakout session! Explore building community models for mentoring organizations and discover ways to empower youth in recognizing their own communities and structures of support. Uncover the value in shared experiences, realizing that we are never alone, and acquire tools for effective community building. Join us for a dynamic session that shapes mentorship beyond the one-to-one model.

Chia Room

Topic 2: Embracing Authenticity: LGBTQIA2S+ Journey of Self-Discovery Through Mentorship

Evangelina Siler

In a world filled with preconceived notions and societal expectations, it's essential to pause and reflect on our personal narratives. At the heart of this workshop lies

the belief that understanding oneself is the cornerstone of effective mentorship. By embracing curiosity and creativity, we'll unearth new facets of our being and grant ourselves the freedom to question, explore, and evolve. Whether you're seeking to unlock untapped potential or rediscover forgotten passions, this workshop offers a safe space to nurture personal growth and inspire the next generation of mentors.

Brittlebush Room

Topic 3: Cross-Cultural Mentoring

Jenna Christie-Tabron, MFT, MSW

This workshop will provide an overview of the basics of effective mentoring followed by an in-depth discussion of the role culture plays in the mentoring relationship. We will cover the impact race, gender, ethnicity, cultural background, religion, and sexual orientation have on connections and how to acknowledge and work with our differences.

Desert Star

Topic 4: Returning to the Whole Person: Healing the Wounds Caused by Social Expectations

Matt Sandoval, LMSW, M.Ed.

Embrace how emotions are the messengers of connection and can transform mentoring relationships. Learn how societal and cultural values regarding gender affect the ways children, teens, and young adults experience and express emotion. Understand how mentors can recognize, give permission, and create space for all dimensions of human emotion for themselves and others.

12:00-1:00p Lunch

Regulation Stations: Safe and fun spaces created for you to decompress, participate in a trauma-informed art activity and/or engage with certified Pet Therapy Teams throughout the day.



Learn more here



Afternoon Agenda

Cottonwood Ballroom

1:00 The Art of Mentoring Panel Discussion

Remarks by *Jolie Armstrong, Big Brothers Big Sisters of Central Arizona, Director of Community Based Programs*

Special Guest: *Chad Campbell, former Free Arts' Board President*

Moderator: *TJ Geist, Free Arts' Volunteer Manager*

Panel Participants: *Karen Johnson, Treasure Calmwolf Howie-Carlson, Carlos Urtubey, Ellis, Crea, John Campbell, James De Roon, Dr. Annette Bouwer and Phinley*

At its core, mentorship is about human connection. Every small act of encouragement, hope, and support has the potential to change lives. Mentoring... is an art. The supportive, healthy relationships formed between mentors and mentees can be immediate or long-term and contribute to a host of benefits in the transformational path to building resilience. Join us in a panel discussion with a colorful spectrum of program participants, ranging from mentors, professional teaching artists and alumni mentees. Panelists will share their personal experiences of the benefits of mentoring.

1:50 Break – 10 minutes

2:00 Breakout Session 2 - Participants may choose the topic

Chia Room

Topic 1: Dreamweavers: Nurturing Holistic Youth Development Through Creative Goal Setting

Briana Clark & Alejandra Ruiz

Embark on a transformative mentoring journey in our conference breakout session. Explore holistic long-term goal setting across education, career, relationships, personal growth, and health. Learn the art of youth-led open communication and establish supportive structures for goal accountability. Embrace a mindset that views goal pursuit as an ongoing learning process, free from pass or fail judgments. Discover techniques to inspire creativity and dreams in youth who may not have defined goals. Join us for an empowering and cohesive session, unlocking the keys to comprehensive goal achievement and fostering personal development.

Ocotillo Room

Topic 2: Mentoring beyond the human: The Power of Pet Therapy

Kelli Stark, EdS NCSP, School Psychologist at Mesquite Elementary School

Annette Bouwer, DVM, retired Veterinarian & Phinley, Therapy Dog Extraordinaire

A unique symposium breakout session that delves into the transformative realm of mentoring beyond the human through the extraordinary influence of pet therapy. Join us as we explore the profound impact of the human-animal bond on mentorship, uncovering the therapeutic potential that pets bring to the mentoring experience. This session will showcase real-life examples (you may

see a dog or two in this session), research findings, and practical insights on how incorporating animals into mentoring relationships can enhance well-being, foster connection, and create a supportive environment for personal and professional growth. This session promises to be a captivating exploration of the untapped potential of mentoring beyond the traditional boundaries.

Desert Star

Topic 3: Harmony Within: A Holistic Guide to Self-Care and Inner Peace through Breath, Sound, and Yoga

Alyssa Rodriguez, Soul Essence, LLC

Embark on a transformative journey with "Harmony Within," a unique workshop meticulously crafted by Alyssa Rodriguez, founder of Soul Essence. This immersive session is designed to empower participants with practical tools rooted in breathing techniques, the healing power of sound baths, and the ancient wisdom of yoga, all working synergistically to enhance self-care and cultivate lasting peace of mind. "Harmony Within" is a holistic approach to self-care, providing you with a comprehensive toolkit to navigate life's challenges with resilience and tranquility. Join Alyssa Rodriguez on this empowering journey towards inner peace, where the fusion of breath, sound, and yoga becomes a catalyst for lasting well-being.

Brittlebush

Topic 4: Talking with Teens

Amy Jacober, Ph.D., MSW, Mdiv, MACSS

Communication is an art. Just like all art, there are many methods and mediums.

This workshop will create opportunities for strategizing from a trauma informed perspective. This will include active listening, conversation starters, recovery after feeling like you blew it, and building trust.

3:00 Break – 10 minutes

Cottonwood Ballroom

3:10 The Pursuit of Wellness and Wholeness

Remarks by *Melissa Steimer, M.P.A., Gabriel's Angels CEO*

Special Speaker: *Darryl Tonemah, Ph.D., Musician*

Healing, not just dealing, involves integrating body centered practices with psychology techniques.

Recognizing the individual as an entire system and "having the tools match the event" can move the individual from suffering to sovereignty. These tools empower individuals to develop greater resilience, self-awareness, and capacity for healing in the face of stress and trauma.

4:00 Expressive Art: Dance/Movement Activity

Remarks by *Beth Garrett-Coleman, Free Arts' Program Manager*

Niamey Thomas, Choreographer, Educator and Storyteller

...in reminder that we are all in this journey together...

4:30 Closing/ End of Day

Remarks by *Danielle Tefft, Free Arts' VP of Programs*