



Newsletter - January 2024



EHS Mentor Owen and buddy

Mentor

The experiences I've had as a mentor with Athletes for Kids have been very impactful. The ability to build a genuine friendship with my buddy, and their family, is an aspect of mentoring I truly enjoy. While it did take time for our friendship to grow stronger, that process is something I came to value. Having the opportunity to watch my buddy slowly come out of his shell and truly be himself is incredibly rewarding and makes being a mentor all worth it. We could be playing Mike Tyson's Punch Out, riding our scooters in the neighborhood, or talking about the new Mario movie, and somehow our 2-hour time slot seems to fly by. I continually look forward to Sunday afternoons, when I can stop being a senior in high school and enjoy being a kid with my buddy.

Mentee Parent

Our son is a 10-year-old ADHD and social anxiety boy who loves gaming, movies, Battlebots and swimming. This past year, he was paired with Owen

movies, Dungeons and Dragons and swimming. This past year, he was paired with Owen from Eastlake HS. Owen has been extremely diligent in his weekly visits and spends quality time gaming of course but has also helped our son grow his confidence in his basketball and scooter skills. Inside and outside time is always on the agenda when he is with Owen. Owen's genuine interest and compassion beams through each visit. He even came to Nathan's birthday party and enjoyed his first visit to the Bellevue Dave & Busters! Our son plans for Owen's visits by listing out which games and how much time they will spend on each. His relationship with Owen has made him feel the deep friendship that he has lacked with most school friends. Our son is more curious about trying physical sports and focus - attention and words - on the task at hand. We are blessed to have Owen as our son's mentor and continue to root for him in senior year.

News and Events



Join us on Sunday, January 21st, from 12:00 to 1:30pm for our annual "Movie with my mentor" featuring RIO at North Bend Theater, 125 Bendigo Blvd. N., North Bend, WA.

Mentors, buddies and siblings are welcome.

[Click here to register](#)

With Gratitude



Thank you!

As 2023 draws to a close we want to take a moment to thank all our supporters. Whether a mentor or mentee parent, a buddy or mentor, a staff or board member, a sponsor or donor, your time, talent, and generosity are appreciated. Wishing all a happy and healthy 2024. Go forth and spread kindness!

AFK Moments



"I chose to become a mentor because I wanted to make a difference in my community"
 -AFK Mentor

As we look back to a month of memories, we look forward to more friendship moments and choosing kindness, acceptance and inclusion every day.

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