



## June 2025 Newsletter

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**SHS Mentor Swathi and her buddy**

### ***Mentor***

Being matched with my buddy over two years ago became one of the most positive changes in my life during high school. My years in the program helped me grow as a person, learning compassion and flexibility. But more importantly, it brought me one of my closest friends.

My buddy and I made so many amazing memories, and it has been wonderful watching her grow and gain confidence as a person. From learning new sports to practicing recipes to going shopping, we have had so many adventures that

nave had the greatest impact on my life.

### ***Mentee Parent***

I want to thank our amazing mentor, Swathi!!! Swathi's mentorship has been truly impactful for our daughter, helping her overcome her anxiety and embrace who she is with confidence. Swathi's guidance, kindness, nurturing personality, and confidence has helped our daughter manage her worries and grow into a more self-assured and social individual.

Swathi is encouraging and leads by example. She is open to trying new things, whether it's different foods or stepping outside of her comfort zone, and this has inspired and guided our daughter to do the same - even on days when Swathi is not there.

I was worried that as Swathi transitions to college, our daughter would have a difficult time adjusting, but Swathi assured me everything is okay and that our daughter will be just fine. Friendship is for a lifetime, and that never changes, no matter where in the world you are.

The goal of Athlete with Kids was to help our daughter with her anxiety, and it has done that and so much more. She is now more willing to take risks, make new friends, and enjoy life without as much fear, and we couldn't be more grateful for Swathi's support.

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## ***Upcoming Event***

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### **Ready, Set, Tennis**

Ready, Set, Tennis will be back this summer! Stay tuned for more information. We look forward to seeing you on the courts at Eastside Catholic!

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## ***With Gratitude***

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### **Thank you to the class of 2025!**

This June, we say goodbye to 55 mentors. Collectively, they have amassed a total of 4,592 hours of mentoring! On behalf of the organization and the mentee families, we say thank you for the countless hours you have spent mentoring, volunteering, and making an impact on the community. Taking time to support another person is a beautiful gesture, and your commitment to spreading Acceptance, Friendship, and Kindness will have a ripple effect for years to come. You will be missed, and we know you have a bright future ahead!

## **AFK Moments**



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

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