



September 2025 Newsletter



Mount Si Mentor Isaac

Mentor

In the spring of my sophomore year, I was in the middle of my school soccer season, and on the team chat, I got a link to this program called Athletes for Kids that I'd never heard of. Instantly, I signed up, not knowing just how special this program truly is. Later that year, in the fall of my junior school year, I got matched with my buddy, and I was shocked by how much I underestimated the positive impact AFK began to have on my life.

Every week I get to have 2 hours where all I have to think about are the new game we're playing, discovering a new trail on our bikes, or building paper airplanes. These moments are often the highlight of my week, especially in the dreary winter months or during the grind of spring. I know that last spring I told my buddy family that I have so much going on right now, but when I was told that I could take a break if I don't have the time I truthfully responded, "this is my break." because in that time of overload, 2 hours of making somebody else's life better made my life better.

Athletes for Kids to me is beyond fulfilling, it makes my heart and brain happy, helping me succeed in life. Additionally, I get the opportunity of watching my buddy grow socially, emotionally, and mentally, which is an opportunity most high schoolers don't get, and for that I am grateful.

Mentee Parent

My son has been paired with his mentor, Isaac, for almost a year, and their relationship has been truly special. Most of their time is spent at home playing games, which my son looks forward to each week. Sometimes they branch out to visit the arcade or local cafes (but only the ones with board games). Isaac even came to one of my son's choir concerts, which meant the world to him.

I appreciate how Isaac follows my son's lead with patience and encouragement. As an elite soccer player, he could easily outshine my son in physical activities, but he strikes just the right balance, making challenges fun without frustrating him. If my son does become frustrated or dysregulated, Isaac handles it calmly and with maturity. Despite a demanding schedule of AP classes, work, and soccer, Isaac shows up fully as a mentor, and it's clear that he also enjoys the break to have fun and relax. His commitment and consistency are truly impactful.

Having a weekly meet-up to look forward to makes a big difference as my son faces shifting friendships moving from elementary to middle school. Since he doesn't see his dad often, having a positive male role model in his life has also been especially meaningful. We're so grateful to have another year with Isaac before he heads off to big adventures after high school, and I know it will be filled with more memories and, of course, lots of games!

Upcoming Event

Come Ride the New 2 Line



Saturday,
September 13th
Arrive at 11:00 AM
for the **11:12** train

The plan:

Arrive at the **South Bellevue Station** in Enatai, **2516 Bellevue Way SE, Bellevue, WA, 98004**. There is a parking garage on site. We will then ride to the **Redmond Town Center Station**. The ride takes about 30 minutes from station to station. We will explore **Redmond Town Center** for 30ish minutes and meet back at the Redmond Town Center Station for the next train. There is a Molly Moon Ice Cream five minutes' walk from the station. There is also a Salt & Straw Ice Cream across the street from the station.

If you choose to leave early or stay later, the train ride back is up to you.

Total Time: An hour and a half to two hours.

Ticket Info

Free for those under 18. Youth ORCA card recommended for riders 13-18. Adults can purchase and load ORCA cards on the Sound Transit website. You can also purchase a round trip or one way ticket at the station.



AFK Youth Mentoring

Come Ride the New 2 Line

Join us for our next mentor and buddy event on Saturday, September 13th, in which we will ride Sound Transit's new light rail 2 Line from South Bellevue to Redmond Town Center. Mentors, buddies, siblings, and parents are welcome! Please see our event schedule and plan and register by clicking the button

Please see our event schedule and plan, and register by clicking the button below.

[Click Here to Register](#)

With Gratitude



Thank you to the JPW Foundation!

After 23 years, the Joshua P. Williams Foundation (JPW) is closing its doors. JPW was established by Phil and Debbie Williams following the death of their son Josh, a passionate and kind young man, who was going to be a part of Athletes for Kids. In a moment of profound grief, Phil and Debbie found a way to honor their son and give back to the community and the organizations Josh was involved in.

In the last 10 years alone, JPW has gifted Athletes for Kids over \$200,000! Every dollar donated has gone to support the growth of the AFK program and continuing the vision of the organization, **envisioning a world where children of all abilities are celebrated**. Sadly, Phil passed away shortly before the final JPW event, on August 4th. However, his spirit was ever present. Thank you, JPW. We are beyond grateful.

AFK Moments



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

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