



June 2026 Newsletter



EHS mentor Larson and his buddy

Mentor

I have had the honor to be my buddy's mentor for the past few years, and I have had nothing but positive things to take away from it. The joy and energy he brings whenever we hang out with each other is what makes him such a fun and amazing person to be around. He truly brings out my best self, and his impact on me as a person will benefit my future drastically.

I have learned a lot of key values throughout our mentorship that will set me up for success later in life. Eye contact, patience, problem solving, finding middle ground, and not just hearing but listening to what someone is saying. Little things like this that we work on in our mentorship are the things that may land me a good job in the future or set me up for success in life.

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Any time I get to meet with my buddy, I know I will be leaving happier than when I got there. The energy he brings radiates off of him and makes me feel good; this has happened plenty of times. All of the adventures we have been on together, from making noodles on top of a mountain to exploring underground Seattle will hold a place in my heart forever, and I am truly grateful to have met my buddy.

Mentee Parents

We've really appreciated the incredible mentorship between Larson and our son over the last three years. Their weekly time together has become something our son truly looks forward to, and it has been wonderful to see how much he has grown through this connection. A major highlight of their visits has been their active, shared routine—whether they are running together, exploring local trails, catching a movie, or trying out new restaurants. Cooking together has also become a special bond, bringing so much joy to their routine.

Larson's steady commitment of two hours every single week has provided our child with a wonderful, consistent friend and role model. We are incredibly grateful for the positive impact Larson has had on our son's life, and our entire family thanks him from the bottom of our hearts for the beautiful connection they've built.

With Gratitude



Thank you, class of 2026!

This month, we say goodbye to the class of 2026 AFK mentors. Between them, they have accumulated 7,259 hours of mentoring! The impact from these young people cannot be denied, and from the organization, the community, and especially the buddy families, we thank you, we celebrate you, and we wish you great success in the future. Never forget how powerful the gift of friendship can be, and remember, **“Behind every successful person, there is a mentor who believed in them.”** Good luck on this next stage in your life. You will be missed!

AFK Moments





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

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