



for 4th through 8th graders

Tuesdays 4:30 - 6:30, April 1 - May 20 (and continuing fall, 2014)

East Liberty Presbyterian Church is committed to the academic, social and spiritual encouragement of children and youth. We are pleased to announce the pilot of **Food for Thought**, a new learning support and enrichment program which is aimed to equip and encourage children and youth through the exploration and enjoyment of food. This one-on-one mentoring program will reinforce skills known to be necessary for success in and out of school.

The central theme of **food and thinking** will come to life in **one-on-one mentoring** relationships.

Together mentors and mentees will ...

- ◆ share healthy and delicious meals.
- ◆ take cooking classes with professional chefs.
- ◆ participate in creating real solutions for hunger, health, and sustainable agriculture .
- ◆ learn about the food we eat.
- ◆ investigate how different cultures around the world eat, extend hospitality and show gratitude.
- ◆ build meaningful relationships that support them during the joys and the struggles of life.

Mentoring is a structured and trusting relationship that brings young people together with caring individuals who offer guidance, support and encouragement aimed at developing the competence and character of the mentee. Research shows that that youth grow intellectually, interpersonally, and emotionally from supportive mentors. Mentees from across the country say they are better planners, organizers, and problem-solvers. They are reported to also grow in self-confidence and self-awareness. Other benefits from a mentoring relationship can include consistent school attendance, improved academic skills, increased ability to graduate and find employment, enhanced parent-child relationships.

For more information about how your child can participate in *Food for Thought* during the spring 8 week pilot program and/or our full year program beginning fall 2014 please talk to Sara Hackett at 412.673.2926 or SaraH@coh.net. If you are interested in becoming an adult mentor contact Wil Forrest at 412.260.2554 Wil@coh.net.

Happy Eating,

Sara Hackett
Coordinator of Youth Ministries at East Liberty Presbyterian Church

