

## MMA Event: Mentor Mingle (Virtual) on 2.11.21 from 6-7p



**From** Mayor's Mentoring Alliance <Mentoring@ci.charlotte.nc.us>  
**To** Johnson, Tiffany <Tiffany.Johnson@charlottenc.gov>  
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Good Afternoon,

The Mayor's Mentoring Alliance (MMA) will be hosting a virtual networking event on next Thursday, February 11, 2021 from 6:00p to 7:00p titled, Movement in Mentoring. See details and registration information below:

### Mayor's Mentoring Alliance (MMA) Mentor Mingle

Movement in Mentoring | Thursday, February 11 from 6-7p

Registration Link: <https://www.eventbrite.com/e/movement-in-mentoring-mentor-mingle-tickets-138874428153>

Mentoring programs have been hit hard by COVID-19, yet we never stopped moving forward to meet the needs of the young people we serve. Please join us for a Mentoring Mingle Series titled "Movement in Mentoring". This first session will focus on ways to calm all the noise, reduce stress, and challenge positive energy through Mindfulness. Cassandra Drakeford from BeMindful, Inc. will be on hand to lead us through and exercise and provide you with tools you can use with mentees.

Best,  
Tiffany

### **Tiffany Johnson**

MAYOR'S MENTORING ALLIANCE & OUT OF SCHOOL TIME PROGRAM MANAGER

### **HOUSING & NEIGHBORHOOD SERVICES**

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