

ACE LINKS

ACE Mentoring Program Quarterly Newsletter



Fostering a Community of Care

The past several years have presented great challenges that have contributed to collective trauma, sorrow, and a heaviness in the world. While it is important that we learn to care for ourselves in order to move through challenges, we invite you to reflect on the power of community care. How can we support each other, and lean on each other to navigate difficult moments in both our personal lives and in shared experiences? What do we need from our community and what can we give to our community to receive and demonstrate support and care? How can I support my mentor/mentee and how can they support me?



- What has been on my heart and mind lately?
- What is something in my daily routine that I can let go of?
- How can I communicate my needs to my colleagues and supervisor?
- What's something I'm looking forward to in the future?
- What is the kindest thing someone has said to me recently?
- What can I do for others today to show them I care?
- How can my mentor/mentee support me?
- How can I support my mentor/mentee?

Conversation Starter

A FRIENDLY REMINDER TO CHECK-IN WITH YOUR MENTOR/MENTEE!

HOW HAVE I GROWN IN THE PAST YEAR?
HOW WOULD I LIKE TO GROW IN THE
UPCOMING YEAR?

"As human beings, we each have a responsibility to care for humanity. Expressing concern for others brings inner strength and deep satisfaction. As social animals, human beings need friendship, but friendship doesn't come from wealth and power, but from showing compassion and concern for others."

— DALAI LAMA

**Stay Connected
with @aceucla
ON INSTAGRAM!**



RESOURCES AND UPCOMING EVENTS

ACE WELCOME LUNCHEON NOVEMBER 7, 2023

12:00 - 1:00 PM

ROYCE 314

RSVP



UCLA MINDFUL AWARENESS RESEARCH CENTER (MARC)

FREE GUIDED
MEDITATIONS

QUOTES ABOUT CARING
TO FILL THE WORLD
WITH GOOD
63 OF THE BEST QUOTES

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Interested in the ACE
Mentoring Program?

Have an event or resource
you would like to share in a
future issue of *ACE Links*?

Email ace@college.ucla.edu
for more information!