More Than Words: the importance of in-person communication

It’s been an interesting time for the Cabot Mentoring program. As a program dedicated to providing youth with in-person, non-screen time with a community member, having to stop all in-person interactions has been a real challenge. Our mentors have been creative with continuing their connections with their mentees, through phone calls, video chats, texting, and online gaming. But there’s no substitute for the connections we build when we’re together in the same space. It’s really remarkable to experience the difference in communication…so much of how we communicate goes beyond words: posture, expression, gestures, pauses in speech all matter, and add meaning to our conversations.

Some mentor/mentee pairs have begun meeting outdoors for socially distanced activities: walks, biking, a chat on opposite sides of the porch. As a mentor myself, it’s been great to actually see my mentee in person again, even if the 6+ foot distance feels a bit forced. Cabot Mentoring is looking forward to the time when it is safe to resume all in-person time, and start matching new mentor/mentee pairs. If you are interested in becoming an mentor, or know a youth who would like to be a mentee, please contact us at [cabotmentoring@gmail.com](mailto:cabotmentoring@gmail.com) . We are still bringing people into the program, so we’re ready to make great matches post-pandemic. Be well!