PARENTING THE LOVE & LOGIC WAY
EVIDENCE-BASED PARENTING CLASS

Six sessions designed to help parents equip kids with character, compassion, problem solving skills and more!

Parenting the Love and Logic Way is designed to decrease the stress and tension that often occurs when raising children.

This parenting program is designed to give you practical skills that can be used immediately!

Time: 6:30-8:00pm
Location: Mount Si Freshman Campus

Register at www.snovalleyloveandlogic.eventbrite.com
For more information, call 425-333-6614

Presented by the Snoqualmie Valley Community Network in partnership with Snoqualmie Valley School District
For parents and caregivers of children and teens in grades 5-12. Anxiety. It's a word that we hear all around us. What does it mean? How is it affecting children and teens? Who can we ask for help? Watch the documentary film Angst-Breaking the Stigma Around Anxiety. Youth offer perspectives on suffering from and managing anxiety. Experts highlight research and offer tools and resources that provide hope.

Panel discussion will follow the film with youth mental health experts. Professional counselors will also be on hand.
Job Description:
Clinic Medical Director
Volunteer Position, Term Length 1 year

The CarePoint Free Clinic exists to provide quality healthcare to the uninsured and underinsured of the Snoqualmie Valley and surrounding areas at no cost to the patient.

Position Overview

The Medical Director helps to provide oversight of medical care provided through the Clinic including Quality Assurance, chart review and protocol review.

Responsibilities and Duties

- Helps to establish, review, and maintain medical protocols and standards
- Provides the link to the medical community in an effort to encourage more involvement in the Clinic
- Represents the Clinic in the community as appropriate
- Consultant to the Clinic Coordinator on clinic policies and patient care issues
- Utilizes peer review to evaluate effectiveness of medical practice
- Facilitates regular chart review of providers and provides any needed feedback
- Assists in credentialing requirements for medical volunteers and assists in interviewing when needed.
- Attends Advisory Council meeting as requested

Qualifications and Skills

- Is dedicated to the mission of CarePoint Clinic
- Licensed Washington State Physician
- Professional Liability Insurance (can be via VRP)
- Proficient in Family Practice or Ambulatory Care
- Administrative Experience would be a plus
Pass it Along...

If you know someone who is currently homeless or in unstable housing, we can help.

Friends of Youth Eastside Outreach provides assistance & resources.

Call
Office: 425.298.4846
Cell: 206.310.3579
OUR MISSION
We partner with youth and families to provide the relationships, resources, and skills they need to attain personal growth and success.

OUR VISION
Friends of Youth envisions all youth having every opportunity to succeed.

Homeless Youth Services

Homelessness Prevention Program

Free, Voluntary, and Confidential Services

- A Case Manager will meet you at a convenient location, including your home or a local public place.
- We can offer resources to prevent you or your family from slipping into homelessness.
- We will work with you to identify reasons you may not currently have stable housing.
- We will help you set goals to create safe and stable housing.

Facing Homelessness Can Mean Many Things Including:

- You are living doubled up with another family or friends and have to move.
- You have received an eviction notice.
- You keep having to move because you cannot pay rent.
- You have income but are struggling to obtain or keep your housing.

To Enroll You Must Be:

- Single youth, age 24 or younger OR a family with minor children
- Facing homelessness but not yet homeless
- Living in Snoqualmie Valley, Issaquah, North Bend, Woodinville, Bothell or North King County
- Have an income or documented income potential after services from Friends of Youth

For more information or to inquire about service areas

Call:
(425) 553-6139

King County This program received funding from the King County Best Starts for Kids Levy
Friends of Youth
Youth and Family Services Breakfast

Wednesday October 31, 2018
7:30 AM - 8:30 AM
Educational Service Center

Stand Up for Students - Sit Down for Breakfast

Join us in support of kids.
There are many things kids need to keep up with at school each day: grades, sports, friends, and working towards the future, just to name a few. With your help, Friends of Youth wants to provide education for parents, along with behavioral, social, and emotional support for students in the Riverview School District.

That's where the Youth and Family Services breakfast comes in.

Donations from this event are more critical than ever in helping us support in-school services in the Riverview School District.

We accomplish our mission one young person at a time, with the help of community partners like you.

Learn how you can help.

RSVP by October 24th, 2018
www.friendsofyouth.org or jackie@friendsofyouth.org
Care Net offers hope by providing compassionate practical care, accurate information, and important resources related to pregnancy, sexual integrity and abortion recovery.

Our services are always confidential and provided at no cost to our client.

**MEDICAL SERVICES**
- 24/7 Helpline
- Pregnancy Testing
- Options Education
- Abortion Info, Adoption, Parenting
- Ultrasound
- STD Screening
- Medical Consults
- Childbirth Education
- Mobile Medical Units

**FAMILY SERVICES**
- Early Bird (1st Trimester) Class
- Parenting Classes
- Maternity & Baby Supplies
- Men's Programming for Dads
- Smart Life Mentoring Program: Life Skills Workshop
- Community Referrals & Resources

**PROGRAMS**
- Abortion Recovery (Healing Tide) Support Groups & Retreats
- Preventative (Smart Programs) Presentations & Workshops
- Promoting Sexual Integrity/Purity, Sexual Risk Avoidance and Sex Trafficking Awareness.
- Perinatal Hospice Support (Lavender Tree) Trained Bereavement Care

### CENTERS & MOBILE UNIT LOCATIONS

#### CENTER LOCATIONS

<table>
<thead>
<tr>
<th>Location</th>
<th>Address</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Federal Way</td>
<td>1414 S 324th St, Suite #B105, Federal Way, WA 98003</td>
<td>253-941-2664</td>
</tr>
<tr>
<td>Gig Harbor</td>
<td>2727 Hollycroft St, Suite #130, Gig Harbor, WA 98335</td>
<td>253-658-5585</td>
</tr>
<tr>
<td>Kenmore</td>
<td>6524 NE 181st St, Suite #9, Kenmore, WA 98028</td>
<td>425-398-5820</td>
</tr>
<tr>
<td>Lakewood</td>
<td>10828 Gravelly Lake Dr SW, Suite #101, Lakewood, WA 98499</td>
<td>253-984-6222</td>
</tr>
<tr>
<td>Puyallup</td>
<td>1102 Sunrise Blvd E, Suite #107, Puyallup, WA 98374</td>
<td>253-770-8697</td>
</tr>
<tr>
<td>Seattle</td>
<td>Mobile Unit Services Serving Multiple Locations</td>
<td>206-926-7660</td>
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<thead>
<tr>
<th>Location</th>
<th>Address</th>
<th>Phone</th>
</tr>
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<tbody>
<tr>
<td>Tacoma</td>
<td>1924 S Cedar St, Suite B, Tacoma, WA 98405</td>
<td>253-383-2988</td>
</tr>
<tr>
<td>Fall City</td>
<td>36017 SE Fish Hatchery Rd, Fall City, WA 98024</td>
<td>425-440-3364</td>
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*Limited services available at this location.

#### SMART PROGRAMS

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<tr>
<th>Program</th>
<th>Phone</th>
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<tbody>
<tr>
<td>253-336-5956</td>
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#### HEALING TIDE

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<th>Address</th>
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<tbody>
<tr>
<td>253-272-1813</td>
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#### ADMIN OFFICE

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<tr>
<th>Address</th>
<th>Phone</th>
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<tbody>
<tr>
<td>(housed at the Tacoma location)</td>
<td>253-383-6033</td>
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#### MOBILE UNIT LOCATIONS

**HOURS 11:00am - 4:30pm**

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<thead>
<tr>
<th>Location</th>
<th>Address</th>
<th>Phone</th>
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</thead>
<tbody>
<tr>
<td>TUESDAYS</td>
<td>Taproot Church in Burien (parking lot)</td>
<td>206-484-7741</td>
</tr>
<tr>
<td></td>
<td>1st, 3rd and 5th Tuesdays</td>
<td></td>
</tr>
<tr>
<td></td>
<td>152 SW 152nd St, Burien</td>
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<thead>
<tr>
<th>Location</th>
<th>Address</th>
<th>Phone</th>
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<tbody>
<tr>
<td>Westwood Community Church</td>
<td>(parking lot)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>2nd and 4th Tuesdays</td>
<td></td>
</tr>
<tr>
<td></td>
<td>9252 16th Ave SW, Seattle</td>
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<tr>
<th>Location</th>
<th>Address</th>
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<tbody>
<tr>
<td>WEDNESDAYS</td>
<td>Emerald City Bible Fellowship (parking lot)</td>
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<tr>
<td></td>
<td>1st, 3rd and 5th Wednesdays</td>
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</tr>
<tr>
<td></td>
<td>7728 Rainier Ave S, Seattle</td>
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<thead>
<tr>
<th>Location</th>
<th>Address</th>
<th>Phone</th>
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<tbody>
<tr>
<td>Hope Place - Union Gospel Mission</td>
<td>(parking lot)</td>
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</tr>
<tr>
<td></td>
<td>2nd and 4th Wednesdays</td>
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<tr>
<td></td>
<td>3802 S Othello St, Seattle</td>
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<tr>
<th>Location</th>
<th>Address</th>
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<tbody>
<tr>
<td>THURSDAYS</td>
<td>Hope Place - Union Gospel Mission (parking lot)</td>
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<tr>
<td></td>
<td>3802 S Othello St, Seattle</td>
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1-877-NOT-ALONE (668-2566) www.carenetps.org

For more information on how you can get involved, contact administration@carenetps.org or 253-383-6033.
DOES IT EVER FEEL LIKE YOUR PARENTS JUST DON'T GET IT?

is it tough to talk with adults about the important things?

LiFT is a 5-hour program that brings teens together in a safe space where you’ll learn to talk with the adults in your life about the tough stuff. At the same time, your parent* will learn how to listen to you and support you to reach your goals.

- Have fun sharing with your friends (in a separate space from your parents)
- Learn how to communicate with and be heard by your parents
- Enjoy food, prizes and earn up to $110 as a thank you!

When: Saturday, October 6th 10-4pm
Where: Contact Bella at isabella.stokes@ppgnhi.org or 206-276-7069 to learn more!

*You can join LiFT with a parent, caregiver, grandparent, aunt or uncle, or another important adult in your life.

Questions? Interested in participating?
Please contact: Bella Stokes by Wednesday, September 26th
206-276-7069 | isabella.stokes@ppgnhi.org

The project described was supported by Grant Number TP2AH000026-01-00. Its contents are solely the responsibility of the authors and do not necessarily reflect the views of HHS. The LiFT Study involves completing surveys to evaluate the LiFT Program. You may be assigned to the LiFT Program group or the Survey-Only Group.
A Supportive Community for All

**What:** A Supportive Community for All will strengthen community connections by building an inclusive coalition of service providers and key community stakeholders around a shared vision of coordinating human services to better meet the core needs of community members.

**Why:** The coordination of human services is inhibited by the Valley’s rural geography, which renders travel to services difficult (round trip from Duvall to North Bend is 46 miles) and by a lack of capacity (Valley cities are challenged with human services funding in 2018 for its population of approximately 56,900). As a result, the Valley’s most vulnerable remain at the margins of the community, unable to access the health, housing, and economic opportunities that currently exist.

**What will the grant support?**

**Phase One: Collaboration (Year 1)**

- Develop strategies for engaging different cultural groups in the process
- Engage community & stakeholders through a kick-off event
- Compile current data & conduct community assessment to identify needs, assets, gaps & capacity
- Assemble impact groups around one or more identified gaps to develop appropriate solutions
- Build the capacity of associated stakeholders & community members through workshops, trainings, and information sharing sessions

**Phase Two: Implementation & Continued Planning (Year 2)**

- Develop a plan for implementation of solution(s)
- Develop budget for implementation & operations relating to solution(s)
- Seek additional funding to support implementation & sustainability
- Continue to refine plan proposals & enlist partners and stakeholders
- Implement the proposed solution(s)

**How can you get involved?**

Please contact Project Coordinator Suzy Berger at Suzy@svcn.info to stay informed.

The Partner Team heading up this effort includes: Encompass, Hopelink, Mt. Si Senior Center, Snoqualmie Valley Community Network, and the Snoqualmie Valley Food Bank

Funded through a King County Communities of Opportunity grant
IS IT EVER HARD TO CONNECT WITH YOUR TEEN about their values and making healthy choices?

LiFT is a 6-hour program that brings high schoolers and their parents* together to share family values, strengthen family bonds, and talk about the tough stuff – healthy relationships, sexual health, and decision making.

- Support your teen in achieving their goals
- Help your teen make healthy choices
- Encourage your teen to open up to you
- Enjoy food and prizes! Teens can earn up to $110 and adults can earn up to $80 for participating.

Join us on Saturday, October 6th, 10am-4pm. Please contact Bella at isabella.stokes@ppgnhi.org or 206-276-7069 to learn more!

*You can join LiFT with a high-school-aged child, grandchild, niece or nephew, or another important teen in your life.

Questions? Interested in participating?
Please contact: Bella Stokes by Wednesday, September 26th
206-276-7069 | isabella.stokes@ppgnhi.org

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