Riverview Resilient

A SERIES OF CONVERSATIONS ABOUT GROWTH, HEALING AND COMMUNITY

During these workshops, we strive to engage everyone from parents to community members about how to build resilient children and communities. We do this by drawing from the collective wisdom in the room, answering questions, giving tools and resources and providing support. Please join us for this series.

Click Here to Register

Get Inspired!

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SCHOOL-BASED CAMPAIGNS LAUNCH AT CEDARCREST AND MT SI
LOVE & LOGIC CLASS FOR PARENTS OF RSD STUDENTS

3/6/2019: Self Care Presenter Kim Beeson, Puget Sound ESD
Creating your Self Care Toolkit: In any position that invests in relationship for successful outcomes, the gift of being present to others creates a vulnerability for compassion fatigue. Fortify yourself by learning to distinguish between self-protection, self-comfort and self-care. Gain ideas for how to create a self-care tool kit.

3/20/2019: Growth Mindset Presenter Geoff Morgan, Community Resilience
"The view you adopt for yourself profoundly affects how you live your life (CD, 2006)." In this workshop, participants will learn about and discuss the concepts of fixed and growth mindsets, assess their own mindset framework, and learn how to promote the belief in themselves and others that everyone's capabilities and intelligence are not fixed and can be developed.

4/17/2019: Healing through Storytelling Presenters Swil Kanim
The workshop will focus on the healing elements of honor, With music and storytelling, Swil Kanim will present and model the essential elements of honor: truth, feelings, significance and volition.

5/15/2019: Building a Supportive Community Presenter Jerry Blackburn
Participants will explore the hallmarks of developing resilience in relationship to healthy communities. Together we will work to break down barriers that regard kindness as a weakness and the need for help as an issue of character.
Heart of the Valley Gala

Date Change to March 29

Due to Snopocalypse 2019 we moved our Gala date. The good news is you can still buy tickets by clicking here:

Heart of the Valley Gala

For parents of elementary school children in the Riverview School District

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

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

Sessions occur for 6 consecutive Thursday evenings from 6-8 pm, March 7, March 14, March 21, March 28, April 4 and April 11.

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

CLICK HERE TO REGISTER

What are Weekend Power Packs?
Power Packs are packages of food that are sent home on Fridays with children who may face food scarcity over the weekend.

Want to get involved?

Click Here to Help in Duvall

Click Here to Help in Carnation

I cannot do all the good that the world needs. But the world needs all the good that I can do.

Jena Stantfield
Positive Community Norms Campaign Launched at Cedarcrest and Mount Si High Schools

Did you know?
Misperceptions about youth substance use are often hidden risk factors

Youth often over estimate the number of their peers who use alcohol and marijuana. Youth who perceive that the majority of their peers drink are more likely to drink themselves. By focusing on the positive factors that already exists, we can create new norms. When most students believe that their peers do not use alcohol, it takes the pressure off of them and they are more empowered to make safe and healthy choices.

#BeSmartDon'tStart at Cedarcrest HS

The #BeSmartDon'tStart and #YourLifeYourChoice Positive Community Norms Campaigns are designed to increase awareness and correct misperceived norms around youth alcohol and marijuana use. We use data from the Healthy Youth Survey to show that there ARE positive norms that already exist in the community. According to the 2016 WA State Healthy Youth Survey, 80% of 10th grade MSHS students did not use marijuana in a typical month and 80% of 10th grade CHS students did not drink alcohol in a typical month.

For More Information about these programs Contact
Community Coordinator
Lisa Hart at Lisa@svcn.info

#YourLifeYourChoice at Mount Si HS