Be the Change
3/16/2019
A Youth Leadership Summit for Middle Schoolers

This Saturday we are hosting Be the Change, a summit that empowers youth to make a difference by getting involved in their communities. Our goal is to hear from the youth in our community, to help them discover inner strengths, and to build foundations for leadership.

Topics include:
- Science of happiness
- Healthy relationships with friends and family
- Creating your personal stress management plan
- Stress management with movement
- The truth about vaping
- Taming stress and anxiety with mindfulness

Your kids will enjoy:
- Playing games
- Meeting new friends
- Earning Community service hours

Where:
Chief Kanim Middle School
32627 Redmond Fall City Road
8:30am - 3:30pm

There are still open spots for this amazing day!
https://bethechange2019.eventbrite.com
THE HEART OF THE VALLEY GALA IS COMING UP MARCH 29!

Just a reminder to those that have purchased tickets, our rescheduled event is set for Friday, March 29, at the Snoqualmie Casino. We are so excited about this event, and look forward to seeing you there!

It Starts with You: Engage, Listen and Connect social media campaign was developed by Snoqualmie Valley Community Network in collaboration with community members of Snoqualmie Valley. The goal of the campaign is to encourage adults in the Snoqualmie Valley to connect with our Valley’s youth.

Each month the It Starts with You: Engage, Listen and Connect campaign will be paired with a new strategy for connecting with youth. This month’s strategy focuses on how to Provide Support. We all need someone to encourage us to stretch ourselves beyond our limits. But, how we challenge each other really matters. This month the It Starts with You campaign focuses on teaching adults how much and when to encourage our youth to reach toward their full potential, to hold themselves accountable and to reflect on their failures.

It Starts with You: Engage, Listen and Connect will run through June 2019. Like us on Snoqualmie Valley Community Network’s Facebook page to stay connected to the It Starts with You: Engage, Listen and Connect campaign.

For more information on how to challenge growth visit: https://keepconnected.searchinstitute.org/strengthen-your-family-relationships/challenge-growth/

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?
For Duvall: http://signup.com/go/gvETHcR
For Carnation: http://signup.com/go/MymFOiZ

For more information on becoming a mentor, contact: heather@svcn.info

Youth Success! Mentoring

“A mentor is someone who allows you to see the hope inside yourself.”

Oprah Winfrey
First Black Woman Billionaire, Media Mogul, Philanthropist, Author

#MentorIRL #WomensHistoryMonth
Snoqualmie Resilient
A series of conversations about growth, healing and community

Are you a parent, looking for ways to raise healthy, successful children?
Are you an educator, looking to build your toolbox?
Are you a community member who thinks healthy youth help support a healthy community?

4/4/2019 - Being Purposeful: Investing in Adult/Child Connections -
Presented by Encompass
(Kim Kanzler and Megan Walsh)

4/16/019 - How to Get a Grip and Keep It -
Presented by Sound: The Forefront in Behavioral Health
(Karen Fuller and Cora Goss Grubbs)

5/7/2019 - Thrival Part:1 - Avoiding Burnout -
Presented by Rachel Dexheimer

5/21/2019 - Thrival Part: 2 - Finding Joy and Living on Purpose -
Presented by Rachel Dexheimer

For more information and to register, click here:
https://snoqualmievalleycommunitynetwork.org/resilient/

Location: Snoqualmie Police Department - 34825 SE Douglas St Snoqualmie, WA. 98065
Time: 4:15pm - 6:00pm