

YOUTH SUCCESS! MENTORING

A PROGRAM OF THE
SNOQUALMIE VALLEY COMMUNITY NETWORK
IMPORTANT UPCOMING DATES!



SUMMER 2019

Meet Karla Russell Youth Success! Mentoring Coordinator for Snoqualmie Valley School District



Karla joined the Snoqualmie Valley Community Network team last spring during her internship for her bachelor's degree in Health Promotion and Management. She now joins our staff as a Youth Success! Mentoring coordinator for Twin Falls MS, North Bend, Opstad, and Snoqualmie Elementary. Heather has been promoted to YSM program manager, and will continue to oversee the remaining schools.

Karla moved from Chicago to the Seattle area in the early 90s and has been a resident

of the Snoqualmie Valley since 1998 where she has been an active member in the community ever since. She has worked in corporate America within the accounting, credit reporting, distribution, and travel industries throughout her career, but has had a lifelong passion for health and wellness. She has now decided to dedicate her skills, knowledge, and experience toward individual and community health in order to improve overall well-being, and quality of life through education and empowerment by helping others to build positive and sustaining lifestyle behaviors. Karla joins the SVCN as Community Coordinator for the Pathways to Employment Success program, as well as the Youth Success! Mentor program. She is honored to hold this position in order to serve her community in this capacity.

Karla and her family live in North Bend, and enjoys being active and exploring all that the Valley and surrounding areas have to offer.

Please join us in welcoming Karla to the Snoqualmie Valley Network team!

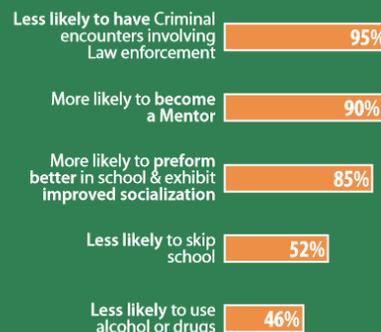
Get Inspired!

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

— Oprah Winfrey

Sign up for SVCN
newsletter
<http://snoqualmievalleycommunitynetwork.org/e-newsletter-signup/>

A Student with a Caring Mentor is ...



KEY DATES!

New Mentor Training
September 4th 10:00 am-12:00 pm

Returning Mentors
Training & Roundtable
September 9th 3:00-4:00 pm

Mentor Roundtable
September 9th 4-5:30 pm
November 6th 10:00 am-12:00 pm

Need some mentoring advice? Have a friend that wants to learn more about mentoring?

Come to a Mentor meet-up!



9/26 9:00 -11:00 am at North Bend Bakery

10/17 9:00 -11:00 am at Grateful Bread in Duvall

Youth Success! Mentoring MENTORING MOMENT

Mentors Help Build Resilience

Have you heard the word “resilient” and wondered how it applies to mentoring? We often hear how children can be resilient in the mist of adversity and negative experiences. How do people and children grow and develop these skills?

How can a mentor help a child be more resilient? Having the presence of supportive relationships is required for the development of resilience. Having at least one positive, stable and committed relationship with a caregiver, parent or other adult is the most common factor for a child to do well when they have or are experiencing hardships.

Mentor relationships support and guide children to learn to adapt to changes in their lives and build skills that will help them to regulate their behavior. When children build these skills, they are able to create a foundation of resiliency and build on positive experiences rather than negative experiences.

You can read more about the development of resilience:
The-Science-of-Resilience
by Center of the Developing Child from Harvard University

Safety First!

We want to remind you that YSM is a school-based mentoring program and all meeting and communication may only take place during the school day, on school property. No outside communication is allowed, which includes text, phone, email, online or in person.

To get a message to your mentee, please contact your Site Coordinator or leave a message for your student at the school office.

These boundaries are for the safety of mentors and mentees.

If you have any questions please contact
heather@svcn.info

School Contacts and Calendars

Remember to check the schools calendar for school closures and call the school before your weekly mentoring session to confirm your mentee is available.

Thank you!



Riverview School District



Snoqualmie Valley School
District

Mentor Tips

1. Be present , consistent, and be an attentive listener.
2. Empathize and don't criticize.
3. Come alongside to help them see the difference between what they can control and what they can't control.
4. Help them to see their future.
5. Cheer them on and have fun!