

# BUILDING BETTER FUTURES FOR YOUTH!

A MONTHLY NEWSLETTER OF  
THE SNOQUALMIE VALLEY COMMUNITY NETWORK



BACK TO SCHOOL 2019

## September 8-14 is National Suicide Prevention Week. Help prevent suicide in Snoqualmie Valley by donating now!



*How to Help a Friend Youth Suicide Prevention* program provides youth with key skills to help themselves or peers who may be in need. In the 2018/2019 school year, close to 1500 students in the valley received this training. The community also received training related to stress, depression, anxiety, and suicide prevention.



The youth suicide training taught me not only how to help others in their time of need, but how to be a more complete person. I learned compassion, selflessness, and, most importantly, empathy; we are all human, and it is our job to support one another.

**You can help prevent suicide in Snoqualmie Valley by making a donation today.**

Your donation will help us continue and grow our *How to Help A Friend* Suicide Prevention Training. Your gift to the Snoqualmie Valley Community Network will help save lives.

### Get Inspired!

#### In This Issue

DONATE NOW! TO OUR  
YOUTH SUICIDE  
PREVENTION PROGRAM

HAPPY HOUR MEET  
AND GREET

WELCOME NEW  
STAFF MEMBER

TAKE THE HOPELINK  
TRANSPORTATION  
SURVEY

**click here to donate!**

or text

***preventsuicide***  
**to 44321**

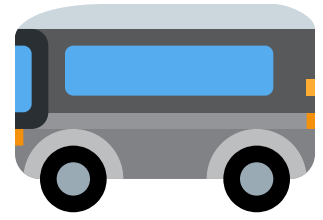
**Welcome back  
to School!**



# Have an opinion on Valley transportation? Take the survey!



Lend your voice to improving transportation in Snoqualmie Valley!  
Complete this anonymous online survey today!  
[www.surveymonkey.com/r/SnoValley](http://www.surveymonkey.com/r/SnoValley)  
and ask your friends, colleagues and clients to do the same!



Survey closes 9/6/2019 so don't delay!

## Fun Facts about our Staff!



*Karla Russell*

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 as well as the Pathways to Employment Success Coordinator.

Karla moved from Chicago to the Seattle area in the early 90s and has been a resident the Snoqualmie Valley since 1998 where she has been an active member in the community ever since. Karla 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 and her family live in North Bend, and enjoy 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!

## Board hosts first Meet & Greets!

SVCN board members hosted two Happy Hour Meet & Greets this past August. Laura Smith, Michael Tenney, and Warren Moon hosted the event at Valley House Brewing Company in Duvall. Alicia Messa and Larry White hosted their event at Sigillo Cellars in Snoqualmie. The purpose of these events was to share a mid-year update on our work, and hear your thoughts about the vision for SVCN. If you are interested in attending one of these events in the future, please email [Carol@svcn.info](mailto:Carol@svcn.info). We would love to see you there!



Team from Snoqualmie Meet and Greet!