Hello,

First and foremost, thank you for being part of such a wonderful community. The last several weeks have been challenging for all of us, and so I wanted to reach out and say a few things as we continue our response to the Corona virus.

I’d like to take a moment to express my gratitude for all that you do to support one another on regular days and particularly during these more challenging ones. Here at SVCN, our staff continues to work (from home) to support youth and families during this time. Our Youth Resilience and Community Resource Coordinators are reaching out to connect families to the appropriate supports. Our Youth Success! Mentoring program is going electronic and soon mentors and mentees will be able to connect via supervised email and possibly video conferences. SVCN’s Weekend Power Pack program was quickly retooled so that all packing is happening within our office following King County Department of Health guidelines. More than 200 packs are being distributed weekly in Riverview School District. A partner program, Helping Hands, distributes similar packs weekly in the Snoqualmie Valley School District.

I also want to let you know that we are working with community partners to meet the needs of residents of the Snoqualmie Valley during this time. SVCN’s Healthy Community Coalition (providers and community members from throughout the valley) is meeting weekly to assess the needs, gaps, and opportunities in the Snoqualmie Valley. The conversations are focused on how to best coordinate and collaborate to meet the emerging needs. Please visit Love Snoqualmie’s website at www.lovesnoqualmievalley.com if you need support, want to help, or are part of an organization that is offering support in the Snoqualmie Valley at this time.

Finally, I encourage you to lean in to this challenging time and find moments of gratitude as you are forced to slow down.

Thank you for doing your part to slow down COVID-19!

Warmly,

Laura Smith
Executive Director
Snoqualmie Valley Community Network
We miss our mentees!

Since school closed, we have been working very hard in our Youth Success! Mentoring program to stay connected with our mentees. One of the ways we are able to do this is through photo and video messaging. Click here to view the entire video. 

Mentor Video Hello!

Weekend Power Packs Continue!

While we can no longer accept community Weekend Power Pack donations, the program is still going strong! We are distributing 200+ packs per week that we are packing ourselves using guidelines from King County. If you would like to make a financial contribution to help us purchase the food for packs, you can do so here: Donate to Weekend Power Packs
Self-care is any activity that we do deliberately in order to take care of our mental, emotional, and physical health. Although it's a simple concept in theory, it's something we very often overlook. Good self-care is key to improved mood and reduced anxiety. Here are some ideas for self-care.

<table>
<thead>
<tr>
<th>Physical</th>
<th>Emotional</th>
<th>Personal</th>
<th>Professional</th>
</tr>
</thead>
<tbody>
<tr>
<td>Eat Healthy</td>
<td>Affirmations</td>
<td>Just relax</td>
<td>Take time for lunch</td>
</tr>
<tr>
<td>Exercise</td>
<td>Self-compassion</td>
<td>Spend time with your family</td>
<td>Set boundaries</td>
</tr>
<tr>
<td>Get enough sleep</td>
<td>Cuddle with a pet</td>
<td>Cook</td>
<td>Learn to say No</td>
</tr>
<tr>
<td>Take a Walk</td>
<td>Cry</td>
<td>Learn something new</td>
<td>Take vacation and sick days</td>
</tr>
<tr>
<td>Get &quot;me&quot; time</td>
<td>Laugh</td>
<td>Plan short and long term goals</td>
<td></td>
</tr>
</tbody>
</table>

![I CANNOT CONTROL](https://example.com/i_cannot_control.png)

Clipart: Carrie Stephens Art
TheCounsellingTeacher.com