

BUILDING BETTER FUTURES FOR YOUTH!

A MONTHLY NEWSLETTER OF
THE SNOQUALMIE VALLEY COMMUNITY NETWORK



**Snoqualmie Valley
Community Network**

Building Better Futures for Youth!

JANUARY 2021

Please Register!



Heart of the Valley

Gala 2021

Wanderlust Edition!



A virtual adventure supporting kids and families

February 27, 2021

6:00 pm

The Heart of the Valley Gala is our biggest fundraiser of the year! This event financially supports our mission to promote and inspire youth to lead safe, healthy and successful lives.

Let us know you will be watching!

[Register Here!](#)

If you are interested in being a table captain,
email jami@svcn.info



**Snoqualmie Valley
Community Network**

Building Better Futures for Youth!

Get Inspired!

In This Issue

REGISTER NOW FOR THE
HEART OF THE VALLEY
GALA

BECOME A MENTOR AND
CHANGE A LIFE

UPCOMING TEEN NIGHTS

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EMPLOYMENT SUCCESS
EVENTS

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RESILIENCE RISING

OUR BRAIN, MIND &
BODY

ONCE YOU HAVE TRAVELED, THE VOYAGE NEVER ENDS, BUT IS PLAYED OUT OVER AND OVER AGAIN
IN THE QUIETEST CHAMBERS. THE MIND CAN NEVER BREAK OFF FROM THE JOURNEY.

Pat Conroy

How can you bring joy and hope to a student?

45 minutes a week with a student can bring so much joy, hope, peace, and even light into their lives (and ours). All sessions are currently virtual.

Become a mentor and make give the gift of youth Hope in 2021. Beamentor@svcn.info

What are mentees saying about mentoring

“ Thank you for listening. I needed to tell someone and I feel so much better after telling my mentor .

“ My mentor makes me think about stuff that I love and I want to do. My mentor makes me feel safe.

“ The time with the mentor gave my child confidence to make better choices for which I'm eternally grateful.



“ My mentor helps me with a lot of things and helps me with my future

“ I support mentoring programs 100%, I think they make a huge difference for kids.

“ I love my mentor

What are parents/guardians saying about mentoring



This event will be hosted by Maren Van Nostrand, Community Resilience Coordinator with Riverview Resilience, SVCN. Maren specializes in lifting up the talents in others, leading youth activities, developing leadership, and building community.

If you have questions, please email maren@svcn.info.

Trivia Night! January 28 7:00 pm

Join us for an evening of Trivia! This is a game of racing to guess the answer to random, but fascinating questions. We'll also just hangout and have some fun. Invite your friends!
Teens only.

No advanced skill or previous knowledge is required. The only thing you need is a computer with Wi-Fi access, and a cell phone into which you'll enter your answers.

Mark your calendar for more online teen nights with us on the second and fourth Tuesdays of February and March. Pictionary: Feb 9 and 23, and Story Cubes: March 9 and 23!

[To register, click Here](#)



Register Now for the Resilience Rising Conference
March 17, 2021
8:00 am - 4:00 pm
Virtual Conference on Zoom

[Click Here to Register](#)

OUR BRAIN, MIND & BODY



*"Nurturing yourself is not selfish - it's essential to your survival and your well-being."
- Renee Patterson Trudeau*

How our Mind & Body Process Stress

A workshop for adults

The Snoqualmie Valley Community Network is hosting a workshop on how our mind and body respond to stress. Learn how to regulate your mind and body through breathing, mindful meditation, and connection practices to bring you back to a sense of wholeness and peace.

This workshop is being offered on two separate dates:

Thu, 2/4 and Thu, 2/18
from 6:30-8:00PM

Please choose the date you wish to attend and the corresponding registration link.

[Click Here](#) to Register for Thur, 2/4

[Click Here](#) to Register for Thur, 2/18

Pathways to Employment Success 2021

January - March Jobs Skills Institute Workshops

- *Resume & Cover Letter Writing*
- *Networking & Interviewing Skills*
- *Culture, Diversity, Equity, Equality & Inclusion in the Workplace*

March - May Pathways Exploration

- *Career Guest Speakers*
- *Nintendo Virtual Worksite Tour*

Watch for more details to follow soon.



For more information about the Pathways to Employment Success Program, please contact: Karla Russell karla@svcن.ifo