

BUILDING BETTER FUTURES FOR YOUTH!

A MONTHLY NEWSLETTER OF THE SNOQUALMIE VALLEY COMMUNITY NETWORK



JANUARY 2021

Join us tomorrow evening!


Heart of the Valley
Gala 2021
Wanderlust Edition!
A virtual adventure supporting kids and families


February 27, 2021
6:00 pm

A huge Thank You to our sponsors!

Get Inspired!

In This Issue

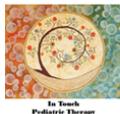
HEART OF THE VALLEY GALA IS TOMORROW!

MARCH IS RESILIENCE MONTH

MORE MENTORS NEEDED



JESSICA SELF
SOCIAL MEDIA • MARKETING • EVENTS



March is Resilience Month in the Snoqualmie Valley !

SVCN is offering great programming this month around resilience.

Please join Maren Van Nostrand, host with Snoqualmie Valley Community Network, Riverview Resilient, and inspiring change leaders for three dynamic and informative workshops. These will be intriguing community moments in which we create memories, learn tools and make connections. They will help us become stronger together as we face the many challenges ahead!

Wednesdays, 3:30 - 5:00 pm on Zoom, and free!

[Register here](#)

- March 3: Natural Resilience: Moving from Covid Response to Community Flourishing with Kody Russell.
- March 24: Thriving in Challenge: Writing Your Resilience Story with Rachel Dexheimer.
- March 31: Self Care: Critical, Not Optional with Tovi Scruggs-Hussein.



**"I am not what happened to me,
I am what I choose to become."**

—Carl Gustav Jung

**"It's your reaction to adversity, not
adversity itself that determines how
your life's story will develop."**

— Dieter F. Uchtdorf





Register Now for the Resilience Rising Conference

March 17, 2021

8:00 am - 4:00 pm

Virtual Conference on Zoom

Registration: \$75

[Click Here to Register](#)

We are excited to launch our first annual conference on building resilience and becoming a trauma-informed community on March 17, 2021! We welcome people from all walks of life to this day-long learning opportunity: laypeople, parents, educators, social service providers, and you!



Key Note speaker:

Laura Van Dernoot Lipsky,

founder and director of The Trauma Stewardship Institute.

Transforming Trauma – How to do this work and sustain

This training and discussion will offer practical tools to help us sustain, individually and collectively, in the face of trauma, secondary trauma and overwhelm. Whether this is related to our work, our personal lives, the pandemic, systematic oppression and structural supremacy surfacing in exceedingly painful ways, or the unfolding of the climate crisis, we will discuss what the consequences are as well as strategies for sustaining ourselves and each other.



Lunch Note speaker:

Shawn Nealy-Oparah, E.D.,

Trauma-Responsive Educator

Understanding Trauma, the Inside-Outside Nature of Anti-Racism Work

This keynote will highlight three components which include the importance of inside-out work with an anti-racist lens, understanding trauma and its impact, and leveraging resilient strategies to promote healing. Inside-out work will be underscored because as our current reality has revealed hurt people hurt people. This has been a common narrative throughout American history. No healing, understanding, bridge building, and creating trauma-responsive spaces and institutions can occur until people are willing to do their own emotional work, interrogate their own past soul wounds, and unpack what has not been metabolized, and dislodged from their body memory.



Become A Mentor!
email BeAMentor@svcn.info or
[click here](#) to get started.

Gen Z trusts older generations more than any other social institution. They are looking to us for advice, guidance, and wisdom. According to data from Morning Consult June 2020, "Why Gen Z Isn't Interested in Your Statements, Promises and Commitments-Yet"

We, mentors, can have a huge impact on the younger generations, because of the trust factor, and Gen Z puts a great value on intergenerational relationships. A recent study by Barna Group, showed that nearly half of Gen Z (44%) say they meet regularly with someone who they consider a mentor.

Adult mentors can offer support and guidance that can help students navigate their individual situations, face the challenges from the past, and those that we will face in 2021 and beyond. We can all be confident that the younger generation does welcome our role as mentors. The recent publication of "Gen Z Volume 2nd by the Barna Group shows that three-quarters of Gen Z (73%) agree that when difficult decisions come up, they turn to older generations for advice.

What does this all mean? We need mentors. Can you take 1 hour a week to meet virtually and eventually in person at school with a student in your community? Can you be an adult who takes the time to invest in the younger generation at a time when they are looking to us for advice, guidance, and wisdom? Will you join us?

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@svcn.info