It’s official – the Snoqualmie Valley Community Network is now the Empower Youth Network!

The unveiling of our new name came during the Heart of the Valley Gala virtual event on February 27, 2021, where this announcement video was shared.

While the name is different, our mission is the same: to promote and inspire youth to lead safe, healthy and successful lives. We changed our name to better reflect this mission and to be more memorable across the community we serve.

This was no small decision – it was made over a year-long process with input from staff, board members, community stakeholders and youth. If you were among those that helped us along the way, thank you!
Now, more than ever, self-care is critical, not optional - and it’s linked to R.E.S.T (Restoratively Embracing Self Today). Self-care includes all the things you do to take care of your well-being in four key dimensions – your emotional, physical, psychological, and spiritual health.

Through the use of practical activities, reflection and discussion, this engaging and interactive session invites participants to understand where we are “rest-deprived” and assess the tweaks we need to make in our lives to re-store ourselves to greater wellness. We will also explore aspects of self-care and REST through the lens of equity and inclusion. Participants will be given the opportunity to identify and evaluate their own strategies and create a personal self-care plan that relies on choices, not a bank account.
Pathways to Employment Success
Job Skills Institute
Culture, Diversity, Equality, Equity, and Inclusion Awareness in the Workplace

TWO times available
If your schedule allows, please join us on:

Wednesday, April 28, 2021
at 9:00am OR 3:00pm
Virtual Workshop

Culture, Diversity, Equality, Equity, Inclusion - do we really know what any of this means, especially when referring to the workplace?

Lisa Hart, EYNs very own Racial Equity Collaborative Facilitator, will help teens build a common language and understanding around these topics and how they relate to one another.

High school students are invited to engage in thought-provoking and meaningful conversation in order to build awareness and knowledge of the importance surrounding this subject.

For additional information and to register please visit:
https://eyn-jsi-workplacedei.eventbrite.com

QUESTIONS? Contact Karla Russell:
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