



A MONTHLY NEWSLETTER OF  
THE EMPOWER YOUTH NETWORK

APRIL 2021



*Tuesday June 8  
8:00 - 9:30 am*

*Virtual celebration*

In the face of adversity throughout this last year, who have you seen persevere in service and encouragement? All too often the volunteer efforts of engaged citizens remain unseen or forgotten.

The Rise & Shine Volunteer Recognition Celebration is an occasion to recognize the generosity of so many eligible volunteers. We hope that you will join us to virtually celebrate the 2021 Rise & Shine Award recipients. An Empower Youth Network Board committee will select the final recipients.

Due to COVID, we will not be holding the breakfast, and will instead gather the awardees and their nominators in-person and invite the community to join us virtually as we celebrate those who make our valley shine.

To nominate someone, please click below and it will take you to the nomination form. If you hope to join as a virtual audience member on June 8, please scroll to the bottom of the nomination form and register as a virtual attendee.

[To Nominate or Register Click Here](#)

# Becoming Trauma-responsive, a 4 Part Series

*Mondays, 7:00 - 8:30 pm*

Becoming Trauma-responsive Series is a 4-Part interactive series designed to broaden the social and emotional intelligence of parents and educators so that we are more skillful and responsive in our approach. We must be willing to do the “inside-outside” work to recognize the areas in ourselves that need healing so that we show up more whole to our families and work.

Want to learn more about Becoming Trauma-Responsive Series? Email Lisa Hart, Community Coordinator/Series Instructor at [Lisa@empoweryouthnetwork.org](mailto:Lisa@empoweryouthnetwork.org)



## *April 26*

*Understanding Trauma to be a Trauma-Responsive Parent and Educator will provide participants with the foundational knowledge of trauma and how trauma effects the mind and body. [Register Here](#)*

## *May 3*

*Trauma and Its Impact and What We Bring to the Table Matter. [Register Here](#)*

## *May 10*

*Trauma-responsive Strategies for Parents and Educators. [Register Here](#)*

## *May 17*

*Understanding the Importance of Self-care. [Register Here](#)*



*The Empower Youth Network just released the 2021 scholarship applications. Seniors are encouraged to check them out at <https://empoweryouthnetwork.org/2021scholarships/>*

*Sarah Marsh*

## *Staff Highlight*

Sarah Marsh is the Youth Resilience & Community Coordinator supporting a King County Best Starts For Kids grant.

Sarah has worked as a teaching specialist at the Snoqualmie Valley School District's Parent Partnership Program and brings a background in nonprofit, business, and government sectors. She holds an M.B.A in Organizational Behavior & Development from the University of Vermont and has been an active community organizer in Snoqualmie Valley. She started Mount Si High School's PTSA's Student Welfare program, leads suicide prevention training for SVSD parents through UW's Forefront in the Schools, and is a founding member of the Upper Snoqualmie Valley Resilience Team.

Sarah is also the author of two history books with Disney-Hyperion and lives in North Bend with her family.



*Youth Mental Health First Aid*  
*Saturday, May 15*  
*8:30 am - 3:00 pm*  
*Virtual Event*

*Do you have the tools you need to support a teen who is struggling? If you aren't sure, Empower Youth Network can help!*

*Youth Mental Health First Aid is primarily designed for adults who regularly interact with young people. The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations.*

*Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including AD/HD), and eating disorders. [Click Here to Register.](#)*

*Build your toolbox for supporting the Youth in your life!  
This workshop is for people living or working in King County, WA.*