We are looking forward to having you all back and seeing everyone in September at the Mentor Round Table. It is important to attend the September training as we will talk about how mentors can show up and be there for their mentees this year. We have all experienced such a whirlwind this past year and a half and still so much uncertainty. The Mentor Round Table will be a great chance for all of us to learn how we can be there for one another.

EYN also offers a FREE Youth Mental Health First Aid Class (YMHFA) that we strongly encourage all mentors to attend. YMHFA teaches you about common mental health concerns and how to identify, understand and respond to signs of mental illness and substance use disorders in youth. This 6-hour training gives adults who work with youth the skills they need to reach out and provide initial support to children and adolescents (ages 6-18) who may be developing a mental health or substance use problem and help connect them to the appropriate care. Learn a 5-step action plan to help a youth facing a mental health problem or crisis and reduce the stigma. Please share the class with others and go to the Empower Youth Network website click on the Events tab and sign up for a YMHFA class. https://empoweryouthnetwork.org/events-calendar/

Looking ahead to the fall we can continue to focus on the importance of our work to strive for connectedness and support for our youth and one another. Always remembering we don't know what our mentee or other people are going through. Continue to be generous in your thoughts and actions. Do your best to connect and listen and show your mentee that you care and they matter!

We appreciate each and every one of you being on the YSM team. We look forward to continuing to partner with you however, it may look in the fall. Together we can build a better future and strength our valley community.

You are truly helping a child feel special, amazing and important!

Thank you for all you do,
Heather and Kathy
YSM staff and both districts thank you for all that you do! You make a difference!

Snoqualmie Valley School District

Riverview School District

We Need More Mentors For 2021-22
You can help

1. Share your experience mentoring with groups you are part of, friends and family. Keep sharing and encouraging them to join.

2. Invite friends or family to mentor coffees or have them contact the YSM staff.

3. Like, share and comment on Facebook or Instagram posts.

Reminder!

School begins August 31 for SVSD and September 1 for RSD. Please join us in continuing to support our Snoqualmie Valley youth by being a mentor & sharing with other potential mentors.

YSM staff and both districts thank you for all that you do! You make a difference!

Riverview School District

Snoqualmie Valley School District

KEY DATES!

Sept 11
Mental Health First Aid Class 9a-3:30p

Sept 15
All Mentor Meet Up 11a-12p

Sept 29
Give A Night Save A Life Event

Oct 2
Mental Health First Aid Class 9a-3:30p