



A MONTHLY NEWSLETTER OF
THE EMPOWER YOUTH NETWORK

SEPTEMBER 2021



Empower Youth Network is passionate about our Youth Suicide Prevention work. We work with youth to develop and identify skills to help themselves or peers with our [How to Help a Friend](#) suicide prevention training. This is a training for Middle and High School students.

Empower Youth Network also has the [#BeKindSV](#) campaign which supports a positive school environment and aims to create this through prevention of unwanted behaviors and introducing, modeling and reinforcing inclusion and kindness. This program is currently in all elementary schools in Snoqualmie Valley School District and will be starting in Riverview School District this 2021 school year.

We also are offering [Youth Mental Health First Aid](#) which is an educational event designed for adults who work regularly with youth. This program works to teach adults how to help a youth in need and who may be experiencing a mental health challenge.

*You matter.
Your story matters.
Your hopes, dreams, and fears
matter. All that you are
matters.*

Our annual fundraiser is back in person this year!
Join us at one of 2 locations, serving both the upper
and lower valley!

September 29th

6:00 - 8:00 pm

Open House

*\$50 minimum donation per person to
attend. Includes appetizers, a drink ticket,
door prizes, and lots of fun!*

Snoqualmie Location:

Infusion Bar and Grill

Carnation Location:

Miller's - A Gathering Place

questions? Contact jami@empoweryouthnetwork.org

We can't wait to see you!

GIVE A NIGHT
SAVE A LIFE

Help Prevent Youth
Substance Abuse and Suicide



*We are excited to be accepting community
packed Weekend Power Packs once again!
They include 2 breakfasts, 2 lunches, 2 milks, and
4 snacks. You can sign up to drop off in
Carnation (Blake's pizza) or Duvall (Zazynia).*

[Sign Up Here!](#)



Meet Our New Prevention Coordinator!

Sara Young is the Prevention Coordinator for Empower Youth Network. Sara is excited to work with the Youth Suicide Prevention program and Youth Engagement programs.

Sara has her Bachelor of Science in Psychology and Human Development from Washington State University and is also a licensed Substance Use Disorder Professional. Sara has worked with adults and adolescents since her graduation. She has worked in many roles including inpatient treatment working in family programs, outpatient counseling, prevention/intervention and development and outreach. Her passion for prevention work and helping youth and parents started from her own childhood and is growing every day.

In her free time Sara enjoys spending time with her partner and their dog, coaching rugby and getting outside.

Donor Corner

We received 2 generous grants this summer and we would like thank our donors!
With these generous gifts we are able to serve more youth in the Pathways to Employment
Success and Youth Success! Mentoring programs.



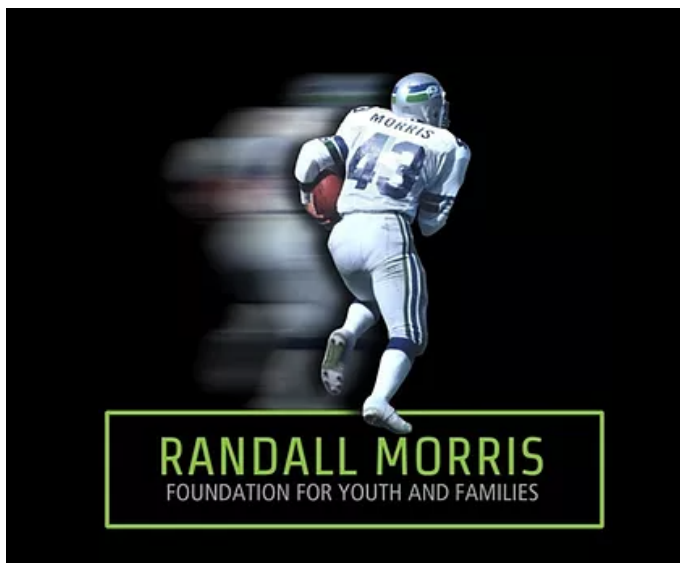
Donor Events!



Tee up for the kids at the One Eighty Foundation
25th Annual Kids Classic Golf Tournament and
Fundraiser. Help make a difference in the lives of
children who need our support!

Join us on Thursday, September 9, 2021 at the
[Golf Club at Newcastle](#).

For more information regarding sponsorship or
event, please contact us at
lbennett@oneeightyfoundation.org.



GALA 2021

5:00 PM

SUNDAY, SEPTEMBER 12, 2021

HYATT REGENCY HOTEL LAKE WASHINGTON

1053 Lake Washington Blvd N
Renton, Wa 98058

 INDIVIDUAL TICKETS: \$125

 TABLE FOR EIGHT: \$1000



Oct. 2, 9:00 am - 3:30 pm



Nov. 13, 9:00 am - 3:30 pm



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.

Love Snoqualmie Valley

This summer, Love Snoqualmie Valley Collected and Donated school and children's supplies and donated them to Empower Youth Network. Our Community Outreach Coordinators were able to put together 25 bags of school supplies and delivered them to valley families. It warms our hearts to see such community connection to benefit those in our valley!



Thank You!

