

YOUTH SUCCESS! MENTORING

A PROGRAM OF
EMPOWER YOUTH NETWORK
IMPORTANT UPCOMING DATES!



FALL 2021



Practice Positive Affirmations In Our Self Talk And To Our Mentees



Our mental health is just as important as our physical health so we need to be mindful to take care of both. Modeling speaking positive self talk to ourselves and giving others words of affirmation is a great place to enhance one's ability to cope and live fully.

Marilou G. Tablang-Jimenez, M.D., DFAPA, chair of the Addiction and Mental Health Center at MedStar Montgomery Medical Center, explains that "Regular repetition of [affirmations] can encourage your brain to take them as facts, believing you can do something and creating a positive mindset that can help you to accomplish your goals."

"When children use positive phrases about themselves, it helps shape and strengthen their own inner voice that will be with them a lifetime," says Kelly Oriard, co-founder of Slumberkins and licensed family therapist. "Saying an affirmation like 'I am brave, I am kind' and repeating it can soon become a child's reality."

Start with being kind to yourself by speaking words of affirmation and pass it on to others for who doesn't love a good pep talk.

Empower Youth Network offers a variety of classes to the community including Youth Mental Health First Aid, Guiding Good Choices and Inside Out Trauma Responsive Care and more. Check out the events page on the EYN website. <https://empoweryouthnetwork.org/events-calendar/>

We appreciate each and every one of you being on the YSM team. We look forward to continuing to partner with you. Together we can build a better future and strengthen our valley community. You are truly helping a child feel special, amazing, cared for and important!

A great resource <https://www.parents.com/kids/health/childrens-mental-health/32positive-affirmations-for-kids-and-why-theyre-so-important/>

*Thank you for all you do,
Heather and Kathy*

KEY DATES!

Oct 26, Nov 2, Nov 9, Nov 16

Inside Out: Trauma-Responsive Care 6-7:30pm

Nov 8

Book Requests for Mentees Due to Kathy
Or feel free to order one on your own

Nov 30

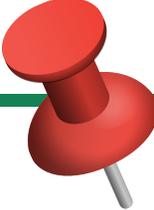
Mentor Appreciation Open House- Pick one
Sandy's in Carnation 10am-12pm
Swirl in North Bend 2-4pm



We Need More Mentors Especially in RSD

Will you 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 Meet Ups or have them contact the YSM staff
- 3 Like, share and comment on Facebook or Instagram posts



Reminder!

Call the school each week to make sure your mentee is at school for mentoring.

**Check the school calendar
No mentoring on No school days**

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](#)