For more than a year we have been experiencing a collective trauma that has resurfaced unresolved traumas and created new ones. The shelter in place and lock downs meant social isolation, which resulted in increases in depression and anxiety among children and adolescents. This holds true for adults as well. It is not uncommon to downplay the impact the pandemic has had on our wellbeing. If we do not address our own traumas and develop strategies for managing the effects trauma has on our body and mind, then we run the risk of re-traumatizing our children. Being trauma-responsive is about the adult first and the child second. We cannot help our children process their trauma if we haven’t first worked on ourselves.

The Inside-Out Workshop is designed to broaden the social and emotional awareness within ourselves. When we are able to recognize how our mind and body reacts to something that triggers our trauma, we can take steps to heal it through self-awareness, self-regulation and mindfulness. With greater self-awareness we are able to recognize our own triggers so that we are able to help our children learn to do the same.

REGISTER NOW
For helping us exceed our goal of $25,000!

We could not have done it without all of our awesome donors, supporters, cheerleaders, & friends.
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.

Meet Staff Member Michelle John

Michelle is the Youth Resilience and Community Resource Coordinator for families in the Snoqualmie Valley School District at Empower Youth Network. She grew up and attended schools in Snoqualmie and North Bend. While pursuing her Bachelor of Social Work at Pacific Lutheran University, Michelle engaged with several youth-centered agencies in the Tacoma area, including the Department of Children, Youth, and Families’ Office of Youth Engagement and non-profit Degrees of Change. Moving back home to the valley, she completed a year of AmeriCorps with the United Way of King County, helping community college students get connected with critical resources. It has been a longtime dream to serve local youth and their families, and Michelle believes deeply that everyone deserves the tools that they need to be successful, however they define success. When free, Michelle enjoys making art, playing trumpet, board games, taking care of her plants, and getting outside.

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