January is National Mentoring Month!

Every January, the mentoring movement unites in celebration of National Mentoring Month and uses the power of our collective voice to recruit new mentors, advance the mentoring field’s legislative priorities, and drive meaningful change for young people.

This month-long celebration of mentoring is full of exciting opportunities to grow the movement and raise awareness about the power of relationships.

Visit www.mentoring.org for ideas on how you can participate and engage on social media using hashtags #MentoringAmplifies and #MentoringMonth throughout January!

Not a Mentor YET?
Join our Youth Success! Mentoring program today
email BeAMentor@empoweryouthnetwork.org.
Mental Health Needs in Our Community
January 12, 6:00 - 8:00 pm via Zoom

RECOGNIZING, RESPONDING & providing RESOURCES to people in mental distress or crisis
The last 18 months have been very challenging. Join us for a conversation about how to support one another.

- Overview of mental health disorders
- Recognizing a mental health crisis
- Responding to a person in mental distress/crisis
- Discussion

Click here to Register

SVSD How to Help a Friend: Training for High School Teen Leaders
January 18, 6:00 - 8:00 pm
Encompass Child Development Center

Click Here to Register

This is a training for high school students who wish to help lead the How to Help a Friend in person training at the SVSD Middle Schools.

How to Help a Friend is a peer to peer suicide prevention training.
This training requires committing to all three training dates (January 18, January 25, February 15th; with all 6-8pm) and being available during the school day to present to students at one of the SVSD Middle Schools.
Twin Falls- 2/16

Youth and Guardian Basket Weaving Event!
February 7, 6:00 - 8:00 pm
Tolt UCC, Carnation

Click Here to Register

Basket weaving is the oldest craft known, but it is so much more than a cool old craft. It’s a great way to connect with old traditions and make a timeless keepsake. There are so many parallels between weaving and life’s journey. Every basket tells a story, and you can feel your story come to life as you weave.

Join us for this 2 hour class and make an 8-10 inch round basket using dyed and natural round reed. No weaving experience needed. Just willing hands. All supplies provided.
Meet New Staff Member Christine Miles

Christine is very excited to join EYN as a Bilingual Youth Resilience and Resource Coordinator serving the Riverview School District. Originally from New York City, Christine was raised in Puerto Rico, immersed in its language and rich culture. As a young adult, she returned to the U.S. by way of California. She moved to Washington in the early 90’s and has resided in the Snoqualmie Valley since 2005. Christine’s early life experiences with acclimating to diverse cultures has fostered compassion for others who encounter similar situations.

Christine has formerly worked as a translator in the Riverview School District and frequently served as a volunteer supporting non-profit organizations including, Acres of Diamonds, The Sophia Way, and Timmy Global Health, providing support to diverse communities. With a passion to serve others, she recently expanded her education earning a bachelor’s degree in Community Psychology from the University of Washington. Now Christine is excited to combine her language skills, her life experiences and formal education to serve the Snoqualmie Valley with a compassionate spirit.

Christine resides in Duvall with her husband and two sons. In her free time Christine enjoys reading, baking, cooking, and traveling.

Donation Opportunities!

You can become a monthly sponsor and have your business logo on our website!
Click the sponsor link below to get started.
Questions? Email Carol@empoweryouthnetwork.org

We are on Amazon Smile!
When you make an Amazon purchase, they make a donation! Go to https://smile.amazon.com/ and choose Empower Youth Network as your supported organization!

Save the Date!
Heart of the Valley Gala!
May 7, 2022

Resilience Rising conference
March 25, 2022