March is Resilience Month!

We are so excited to announce Resilience Month in the Snoqualmie Valley! We invite you to join in the fun by selecting one (or more) of the activities from the Resilience Month calendar to participate in.

March - Resilience Month

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1. What are 5 things that you are grateful for?
2. Teen Art at Trail Youth 3:430pm
3. It’s ok to not be ok. What can you do to not be so hard on yourself?
4. Compliment someone on something other than appearance
5. Make a list of things that you are looking forward to
6. Be The Change Summit 8:30am-2:30pm (youth)
7. Take 3 slow, deep breaths. Feel the fresh air in your lungs
8. Angst Documentary 6pm Teen Art at Trail Youth
9. Don’t be afraid to ask for help
10. Choose kindness instead of judgement
11. Teen Art at Trail Youth 3:430pm
12. Take a moment to connect with someone, even if it’s small
13. Go for a walk without looking at your phone
14. Teen Art at Trail Youth 3:430pm
15. Think about a time when you felt truly supported by someone
16. Healing Begins With Conversation 6:30pm
17. Resilience Rising Conference
18. KCLS Book Group Zoom 6pm
19. Teen Art at Trail Youth 3:430pm
20. Step outside and pay attention to something you would usually miss
21. Angst Documentary March 9, 6-8pm Registration (Free):
22. Be The Change Youth Summit March 12, 8:30am-2:30pm Registration ($25 / Free):
23. Resilience Rising Conference March 25, 8am-4pm Registration ($75):
24. Healing Begins With Conversation March 31, 6:30-8pm Registration (Free):
25. Join for a screening and discussion panel about youth anxiety, coping, and the future
26. Middle & High school: Learn with fellow youth, discover inner strengths and build foundations for leadership.
27. Annual conference on building resilience and becoming a trauma-informed community
28. Conversational workshop to better understand your assumptions and others in community
29. Scan for more information

RESILIENCE READING!
AT HOME BOOK GROUP
FOR ALL AGES
1. Choose from selected books
2. Read and answer questions
3. Submit your bookmark to your local library or online to be entered in a raffle!

3/29, 6pm: Book Group Zoom
Join other participants for an all-ages discussion about the books and themes of hope and resilience

Scan for more information
Building Your Resilience Toolbox

by Laura Smith, Executive Director

We all experience stressful times and struggles in life, and sometimes we can feel sad, angry, and overwhelmed. These feelings are normal and it is healthy to give ourselves space to sit with our feelings. It is also important that we have tools for helping ourselves bounce back.

Resilience is our ability to spring back and heal as we work through difficult experiences. The good news is that personal resilience is something that can be developed! Being resilient is largely about recognizing when you are struggling and practicing healthy coping strategies. For most of us, our coping strategies are highly individualized.

Healthy coping strategies can be thought of as a toolbox that you can pull from to care for yourself when times get challenging. Practicing your healthy coping strategies regularly can actually help you be prepared to respond to life’s demands. These strategies include:

- Get plenty of sleep and go to bed early
  - Take a nap
  - Reduce intake of news
- Take all electronics out of your bedroom
  - Take a daily walk outside
  - Make time to engage in hobbies
- Spend time with friends (can be a phone call)
  - Meditation or mindfulness

One of the most effective healthy coping strategies is meditation. Meditation is a tool that supports our resilience because it can provide mental fortitude and help us maintain balance during stressful periods. Mindful or meditative breathing physically soothes the nervous system and calms our brains. One quick internet search and you will find a variety of helpful mindfulness activities.

The more tools you put in your toolbox, the more likely it will be that you can pull out the one you need the next time you need one.
BE THE CHANGE
TEEN SUMMIT

Saturday
March 12, 2022
8:30 a.m. - 2:30 p.m.
Chief Kanim Middle School

FUN & FRIENDS!

FOOD & PRIZES!

Register Here!
https://btc2022.eventbrite.com

Parents, do you have questions?
Scan here for more info:

Brought to you by:

EMPOWER YOUTH
Network
Resources for youth and families

In partnership with

The Snoqualmie Valley and Riverview School Districts neither sponsor nor endorse this event and the Districts assume no responsibility for it.
Register Now for the Resilience Rising Conference

**Friday, March 25, 2022**

**All day conference of classes beginning with check in at 8:00 a.m.**

CLICK HERE to register and see the full list of speakers and courses!

The Empower Youth Network offers youth development programming throughout the Snoqualmie Valley. We are excited to launch our second annual conference on building resilience and becoming a trauma-informed community on March 25, 2022! We welcome people from all walks of life to this day-long learning opportunity: laypeople, parents, educators, social service providers, and you! Resilience Rising will be held entirely online in 2022, though we hope to return to in-person learning and networking once it is safe to do so in future years.

Please join us to learn and share together with speakers such as Dr. Shawn Nealy-Oparah of TrUTH Educational Consulting, Reba Meriwood of Be Possible, and Bella Bikowski of Restorative Circles. Up to five Washington State Approved Clock Hours are available for this event if desired.

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**Meet Our New Communication and Development Director**

**Helene Wentink**

Helene Wentink joins EYN as the Communication and Development Director. Helene brings 25+ years of nonprofit experience to EYN with a background in administration, fundraising and communication. In her previous leadership roles, she has supported youth education, early learning and early intervention, and community-based housing for adults with intellectual and developmental disabilities (I/DD). She holds a B.A. in Communication/Editorial Journalism from the University of Washington and a Master’s in Nonprofit Leadership from Seattle University. She most recently served as Director of Operations and Director of Advancement with Community Homes, Inc., ensuring rich, full lives for adults with I/DD. Helene also serves on the boards of the Alliance of Eastside Agencies (AEA) and the Eastside Human Services Forum (EHSF).

Helene has been a member of the Snoqualmie Valley since 1978 and enjoys living in Fall City with her spouse, Mike Truitt, along with her chickens, turtle, and pug. In her spare-time she enjoys horseback riding, gardening, and Jazzercise.
Historically, we have seen swings in education between support for academic success and social emotional well-being as opposing focal points. It is easy to consider that the most productive approaches live somewhere in the middle. That is, it’s possible to create an environment where students can succeed in their academic pursuits while having all the necessary skill sets to take that success into their futures.

Being successful, in whichever endeavors our youth engage, is predicated by the development of social-emotional skills, resilience, and a growth-mindset. It is important to remember that this development is becoming part of their neurological architecture.

So how do we support whole-child development?

- Make space for a wide range of emotional expressions. Emotional intelligence, or the identifying and managing of a continuum of emotions, is a hallmark of youth development. Help your student put names to feelings. Ask “how are you?” first, rather than “how did you do?”.
- Allow your child to experience what I term constructive adversity. That is to say, let your student manage age appropriate, life on life’s terms difficulties so they are better equipped to be successful doing so in the future, independently, with more complex situations. Teach the value of a challenge and hard work by identifying it when you see it. “Wow, that must have been hard!”
- Help youth differentiate between pride and arrogance. Be mindful of systems/structures that support the latter. Arrogance is rarely seen as a resume builder! Helping students understand success is different than winning.
- Encourage activities that support belonging vs. just participation. Emotional connections and community provide a foundation for compassion and inclusion.
- Normalize the idea of need as a universal experience. This allows youth to more easily ask for help when needed and find empathy for others when they see it.
- Help students develop internal validation systems. Example: “you worked hard on that” vs. “that is beautiful”. It is the development of internal worth and esteem that will support their success. Not to say we cannot voice pride in their efforts.
- Practice gratitude as an action. Being of service to others is a profound developmental experience. Support volunteer opportunities to give back to the community.

Creating a young adult is certainly not easy! However, by taking a moment to consider what we would like success to look like for our youth can go a long way in providing clarity and focus for our parenting strategies.
Empower Youth Network’s annual Heart of the Valley Gala will take place at Snoqualmie Casino on Saturday, May 7! Tickets are $125 per person and we can’t wait to see you there.

The event will feature fun games, a delicious dinner, live auction with dessert dash, and a post-gala dance party. And beginning May 1, you’ll be able to bid on a range of great items with our virtual online auction.

Ways you can get involved:

- Donate an item
- Sign up as an event sponsor
- Purchase a ticket or host a table

Questions? Contact Helene Wentink at helene@empoweryouthnetwork.org.

EYN’s Executive Director, Laura Smith, is the newly elected co-chair for the King County Alliance for Human Services (KCAHS). The Alliance’s role is to advocate at the regional and local level for stable, adequate funding for community health and human services. To learn more about the KCAHS, please visit https://kingcountyalliance.com/. 
GUIDING GOOD CHOICES

A family management and skills building course for parents of 4-8 graders in the Riverview and Snoqualmie Valley School Districts.

MARCH 28, APRIL 4, APRIL 18, APRIL 25, MAY 2 MONDAYS FROM 6:30 P.M. - 8:00 P.M. VIRTUAL EVENT VIA ZOOM

Join us for this 5-week free course to learn proven methods to increase communication around substance use and making safe choices for everyone in the family.

REGISTER ONLINE AT https://eynggc.eventbrite.com

OPEN TO THE FIRST 30 REGISTRANTS PARENTS OF 4TH-8TH GRADERS

Questions?
email sara@empoweryouthnetwork.org

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