A MONTHLY NEWSLETTER OF
THE EMPOWER YOUTH NETWORK

APRIL 2022

Heart of the Valley Gala 2022
Let It Be Hope!

Saturday May 7
Doors open at 5:30 p.m.

Tickets are $125 per person

Buy your tickets today!

The event will feature fun games, a delicious dinner, live auction with dessert dash, and a post-gala dance party. And beginning May 2, you’ll be able to bid on a range of great items with our virtual online auction.

You can help make this event a success!

Other ways to help are

Host a table
Donate an item
Sign up as an event sponsor

Questions? Contact Communication and Development Director Helene Wentink at helene@empoweryouthnetwork.org.
Empower Youth Network’s How to Help a Friend Youth Suicide Prevention program has wrapped up for the school year. How to Help a Friend uses a peer-to-peer model. Older teens are engaged to become peer trainers for the How to Help a Friend suicide prevention training. Younger students tend to pay closer attention to the message when it is being delivered from an older student rather than being delivered by an adult.

This year’s presentations reached all the middle schools in the Snoqualmie Valley School District and Riverview School District including Twin Falls Middle School, Snoqualmie Middle School, Chief Kanim Middle School and Tolt Middle School. This means that 1,870 middle school students in the Snoqualmie Valley have received this program. Depending on the school, the presentations took place in grades 6, 7, or 8. The youth in the program were given the opportunity to share their thoughts. Their feedback reminds us all of the importance of this presentation:

“It can help me pay attention to details of my friends so I can tell if I think they are struggling.”

“It was meaningful because it relates to real life scenarios.”

“It was meaningful because it educated us on what to do if we know someone is struggling with depression or suicidal thoughts.”

“To help anyone and everyone I can.”

“If a friend is thinking about hurting themselves I can use the right steps to help them.”

“It was meaningful because I’ve lost a friend to suicide.”

Additionally, the EYN Team was impressed with the student trainers that lead the trainings in the classrooms. The student trainers included 10 Snoqualmie Valley School District students with students from each middle school, Mt Si High School and Two Rivers as well 6 students from Riverview School District representing Cedarcrest High School and Riverview Learning Center.

If you would like more information about this workshop, please contact Sara@empoweryouthnetwork.org.
GUIDING GOOD CHOICES
April 18, April 25, May 2, May 9, May 16
Mondays - 6:30 p.m. - 8 p.m.
Virtual event via Zoom

Free 5-week course for parents/guardians of students in grades 4-8 to learn proven methods for better communication.

INSIDE OUT: TRAUMA-RESPONSIVE CARE
May 12, May 19, May 26, June 2
Thursdays - 6 p.m. - 7:30 p.m.
Virtual event via Zoom

Free 4-week course designed for adults to learn about trauma, its impacts, and healing through self-awareness, self-regulation, and mindfulness.

YOUTH MENTAL HEALTH FIRST AID
May 21
Saturday - 9 a.m. - 3:30 p.m.
Virtual event via Zoom

Free workshop for adults who want to learn how to help a youth who is experiencing a mental health crisis.

*The Snoqualmie Valley School District and Riverview School District neither sponsor nor endorse this event and the districts assume no responsibility for it.*
All too often the volunteer efforts of engaged citizens remain unseen or forgotten. The Rise & Shine Volunteer Recognition Celebration is an occasion to recognize the generosity of so many eligible volunteers.

Nominations are currently being accepted through May 9, 2022. To make a nomination, please click here.

The Rise & Shine Volunteer Recognition Breakfast is on Wednesday, June 8 (7:30 a.m. – 9:30 a.m.). We hope that you will join us to celebrate the 2022 Rise & Shine Award recipients.

Click here to register for the event.

Be the Change

Students from across the area joined together on Saturday, March 12 for EYN’s 14th Annual Be the Change Youth Summit. It was energizing to welcome back students in-person for this event that focuses on leadership and community involvement for middle school students, led by trained high school volunteers. Students enjoyed a full day of activities and learning, including presentations from Luis Ortega, a gifted public speaker from Storytellers for Change. We are already looking forward to next year!
Empower Youth Network is excited to offer three different scholarship opportunities this year:

Sophie Theriault Empower Youth Voice Scholarship- available to all Snoqualmie Valley high school seniors who are applying for continuing education in 2022-23. This scholarship is for youth who have used their voice and perspective in a way that made (or will make) life better or easier for others.

**Sophie Theriault Empower Youth Voice Scholarship Form**

Bill Carlson Memorial Scholarship- available to all Snoqualmie Valley high school seniors who are applying for continuing education in 2022–23 to pursue a career as a a trade school or trade certification program specifically to become a heavy equipment operator, a welder, or a diesel machinery mechanic.

**Bill Carlson Memorial Scholarship Form**

Pathways to Employment Success STEM Scholarship- available to all Snoqualmie Valley high school seniors who are applying for continuing education in 2022-23 in Science, Technology, Engineering, or Mathematics.

**Pathways to Employment Success STEM Scholarship Form**

Applications must be received by 3 p.m. on April 29, 2022.