This Saturday, May 7!
Doors open at 5:30 p.m.
Tickets are $125 per person

Heart of the Valley Gala 2022
Let It Be Hope!

Buy your tickets by noon today!
*Ticket sales close at noon on May 4th

Silent Auction now open!
Click Here to bid on your favorite items

Click Here to Preview Live Auction!
Conferencia de Jóvenes Saludables 2022 y Feria de Recursos Comunitarios: Convirtiendo la exploración en ACCIÓN

Le invitamos a asistir a este emocionante evento el miércoles, 18 de mayo de 6:30-8:00 p.m. El Foro de Jóvenes Saludables es una presentación comunitaria de los datos de la Encuesta de Jóvenes Saludables 2022 para la comunidad del Distrito Escolar de Riverview, complementada con una feria de recursos comunitarios.

La noche incluirá palabras de bienvenida del Superintendente del Distrito Escolar de Riverview, Dr. Anthony Smith, Directora de Servicios Estudiantiles y Directora de Eagle Rock-Multi Age School, Molly Lutz, y Directora Ejecutiva de Empower Youth Network Laura Smith. Los participantes de la Feria de Recursos incluyen: Friends of Youth, King County Library Systems, Hopelink, A Supportive Community For All, y Encompass.

La Encuesta de Jóvenes Saludables (HYS) se administra a nuestros estudiantes de 6º, 8º, 10º y 12º grado cada 2 años, proporcionando resultados importantes de la encuesta sobre la salud de los jóvenes con respecto a áreas como el uso de sustancias, la depresión, los pensamientos suicidas, la ansiedad, los hábitos alimenticios, el acceso médico, etc. También proporciona una comprensión de los factores de protección de los jóvenes, como el acceso a adultos que cuidan, los apoyos, las estrategias de afrontamiento y la esperanza. Los distritos escolares, los coordinadores de prevención del condado, las coaliciones comunitarias, las redes comunitarias de salud pública y seguridad, y otros usan esta información para guiar las políticas y los programas que sirven a los jóvenes.

https://www.eventbrite.com/e/conferencia-de-jovenes-saludables-y-feria-de-recursos-comunitarios-de-2022-tickets-313871797997

2022 Healthy Youth Forum and Community Resource Fair: Turning Exploration into ACTION

Please join us for this exciting event, Wednesday, May 18, 6:30-8:00 p.m. The Healthy Youth Forum is a community presentation of the 2022 Healthy Youth Survey data for the Riverview School District community, and complemented by a community resource fair.

The night will include welcoming remarks by Riverview School District Superintendent Dr. Anthony Smith, Director of Student Services and Principal of Eagle Rock-Multi Age School Molly Lutz, and the Executive Director of the Empower Youth Network Laura Smith.

Resource Fair participants include: Friends of Youth, King County Library Systems, Hopelink, A Supportive Community For All, and Encompass.

The Healthy Youth Survey (HYS) is administered to our 6th, 8th, 10th and 12th grade students every 2 two years providing important survey results concerning the health of youth with regards to areas such as substance use, depression, suicidal thoughts, anxiety, eating habits, medical access, etc. It also provides an understanding of youth protective factors such as access to caring adults, supports, coping strategies and hope. School districts, county prevention coordinators, community coalitions, community public health and safety networks, and others use this information to guide policy and programs that serve youth.

2022 Healthy Youth Forum and Community Resource Fair Tickets, Wed, May 18, 2022 at 6:30 PM | Eventbrite
Free workshops!
Scan QR codes or visit empoweryouthnetwork.org for registration information.

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.*

Education is not preparation for life; education is life itself.
John Dewey
Mentors Needed!

Are you interested in becoming a mentor but not sure what it is all about? Read the testimonial below from one of our current mentors.

"Becoming a mentor with Empower Youth Network in 2021 has been an amazing experience for me! I quickly connected with my mentee over our virtual meetings—while playing silly guessing games and through various 'get to know you' activities. Our rapport grew even stronger once we were able to meet in person. Whether we are playing Uno or Jenga or even Battleship, there are lots of laughs and storytelling about our lives. I greatly appreciate the opportunity to provide a weekly connection for my mentee to relax and have fun at the end of her school day. I hope this experience will demonstrate to her that the community and her school are cheering her on and want to help her succeed in her goals.

I am employed full-time, but greatly look forward to this weekly 1 hour meeting with my mentee. I appreciate having balance in my work and personal life and I hope the one hour per week is making a difference. I know all together, the group of mentors working with youth all over the valley IS making a positive impact. Growing up, I had multiple mentors who positively impacted my life and helped me to overcome challenges and celebrate my successes. As an adult, I greatly recognize the benefits those relationships had for my own personal story and I am forever grateful.

If you are considering becoming a mentor, I strongly encourage you to reach out to the team at Empower Youth Network to learn more. You are in for a lot of fun!"

PLEASE SHARE WITH 2 MEN IN YOUR LIFE.

TO MEET THE NEEDS OF VALLEY STUDENTS WE NEED MALE MENTORS ESPECIALLY IN RSD

JOIN YOUTH SUCCESS! MENTORING BE A POSITIVE FORCE IN THE LIVES OF OTHERS!
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.

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CALLING ALL BUSINESSES AND PROFESSIONALS – we need content! Empower Youth Network and the Pathways to Employment Success program is seeking your help to partner with us to provide Valley teens career exploration opportunities through our brand-new Path Finder!

The Path Finder is a secure online portal that teens can access to find skill-building experiences to help them make informed decisions when preparing and planning their employment pathway!

Please take a look and consider adding an opportunity or becoming a career mentor for a teen to gain knowledge and experience as they begin building their working “toolbox” : https://pathwayspathfinder.org/

Program questions or feedback? Please contact, Karla Russell at: Karla@EmpowerYouthNetwork.org
Empower Youth Network assisted with Duvall’s Arbor Day event on April 22. Led by Prevention Coordinator Sara Young, our Youth Council spent the afternoon cleaning up trails. Sara and Christine Miles, Bilingual Community Resource Coordinator also staffed a table at the event with information about EYN programs.