Join us for an important conversation about how we may continue to work together to build pathways and connections for youth.

WHAT IS THE KEY LEADERS SUMMIT?
The KEY LEADERS SUMMIT is a great opportunity for Snoqualmie Valley leaders to network and engage in relevant community conversations, collaborations, and actions! Your voice and expertise is needed at the table!

WHO IS INVITED?
The KEY LEADERS SUMMIT is a facilitated community leaders event (leaders = anyone who shows up to participate) to address issues influencing the overall health and well-being of those living in the Snoqualmie Valley. You should feel free to share this invitation with others who may be interested in participating.

If you have questions about this event, please contact Laura at Laura@empoweryouthnetwork.org
Hope to see you there!

Click Here to Register!
Summer is a key time to encourage healthy body image in teens. The warm months are a time when many disordered behaviors flourish given less structure and the pressure to have a certain body type during warmer weather when we generally show more of our bodies.

Here are some tips:

1. Talk positively about what bodies can do and not what bodies look like.
2. Encourage teens to eat a wide variety of foods using their hunger and satiety as a guide for how much to eat. Many teens also go through growth spurts in summer!
3. Encourage finding fun ways to move your bodies and avoid making “working out” a chore or something tied to changing body size. Movement should be fun and something your teen wants to engage in.
4. Avoid making negative comments about your own body. If possible and genuine, say positive things about what your body can do and your gratitude for it.
5. Ditch the scale. There are very few reasons to have a scale in the home. If you do need one in the home tuck it away in a non-visible spot until needed.
6. Avoid making comments about foods being good or bad. Which foods you choose is not a morality issue and being able to eat a wide variety of foods is important even if some have less nutrients than others.
7. If possible with varying schedules, enjoy meals together. Don’t talk about stressful topics and connect. Include teens in the cooking and clean up if possible.
8. Have conversations about eating disorders and behaviors that are disordered (obsessively tracking food/macros, restriction, exercising to get rid of calories, feeling you can’t “control” yourself around certain types of food). It’s almost certain your teen has been exposed to disordered talk and behaviors of other teens if they go to school.

If needed, do your own work around disordered eating behaviors with a licensed mental health provider.

Sarah Dochow, LMHC, CN is the clinical director at CrossPath Counseling and Consultation in Sammamish, WA. She holds dual master’s degrees in health psychology and nutrition and her clinical work focuses on eating disorders, trauma, and working with teens and young adults. She has lived in the Snoqualmie Valley the past 5 years and is passionate about creating positive local change for youth and their families.
Upcoming Events

Check Out Our List of Summer Events for 2022

**Tie Dye**
Come join us for a fun summer event and learn to Tie Dye! We will tie dye a variety of options including shirts and bandanas! Class will be lead by Julie Gunn of Adventure Arts-Duvall.

**July 13**
Carnation Farmers Market Park
4-6p.m

[https://www.eventbrite.com/e/348924150527](https://www.eventbrite.com/e/348924150527)

**Laser Tag**
Come play laser tag with us at Si View Community Center! Laser Tag Live is coming to us!

**July 27**
Si View Community Center
5-7p.m.

[https://summerlasertag.eventbrite.com](https://summerlasertag.eventbrite.com)

**Ink Art**
We will create beautiful pieces on yupo paper and glass! Class will be lead by Julie Gunn of Adventure Arts-Duvall.

**August 2**
Carnation Farmers Market Park
3:30-5:30p.m

[https://eynsummerinkart.eventbrite.com](https://eynsummerinkart.eventbrite.com)

**Outdoor Movie Night**
Youth and families are invited to join the City of Carnation and Empower Youth Network to watch Spider Man: No Way Home, talk to other teens, play games and snack on yummy food! No Registration necessary!

**August 26**
Time and location TBD

Click the link below each event for more information and to RSVP for each event!

King County
Best Starts for Kids

Evergreen Health
On June 14, 2022, the Riverview School District School Board of Directors presented Empower Youth Network with the 2022 Riverview School District Community Service Award. Jerry Blackburn, the organization's Program Director, was on hand to receive the award.

The Community Service Award is given annually to a community group or organization in recognition of services they provide, which benefits our students and our district.

In the nomination letter, Dr. Anthony Smith, on behalf of the Riverview School Board of Directors, praised the organization’s multi-faceted approach to improving the lives of students and families throughout the Snoqualmie Valley.

“Empower Youth Network provides a stable foundation of service that not only provides parents with adult education opportunities, but also further the organization’s mission of promoting and inspiring youth to lead safe, healthy, and successful lives.

From ensuring food stability for students and families in need with the Weekend Power Packs program, teaching students to be peer-to-peer youth trainers in mental health and suicide prevention, offering community events to educate parents and families, and Empower Youth Network’s focus on youth development and community resilience, we could not be more proud to have the organization partnering with Riverview School District and being an invaluable ally in making sure all our students thrive and realize their best potential.”
Empower Youth Network is looking to grow the #BeKindSV advisory committee members! We are seeking community members throughout the Snoqualmie Valley from all ages, backgrounds, identities and locations to apply to be a part of our advisory group that will help navigate, promote and lead our #BeKindSV campaign throughout the year!

The #BeKindSV campaign is supported by Empower Youth Network (EYN) through the Youth Suicide Prevention program. The Empower Youth Network’s mission is to promote and inspire youth to lead safe, healthy, and successful lives.

The #BeKindSV campaign is a foundation builder for our youth suicide prevention efforts. This campaign supports positive climate by introducing, modeling, and reinforcing kindness and inclusion as a way to prevent unwanted behaviors in our schools and community.

If this sounds like an opportunity you would enjoy, fill out our application below!

Click Here for an Application

What does kindness mean to you?
Your opinion matters to us!
Join our #BeKindSV advisory committee

Find EYN at the following summer events!

- North Bend Block Party on July 16
- Snoqualmie Ridge Movie Night on July 21
- Carnation Movie Night on July 22
- Fall City Night Out for Safety on July 31