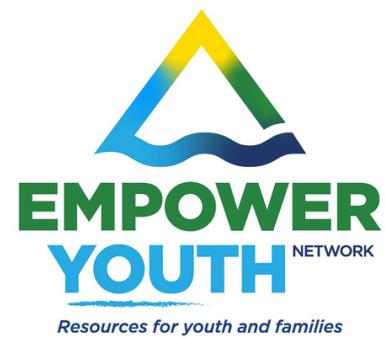


# YOUTH SUCCESS! MENTORING

A PROGRAM OF  
EMPOWER YOUTH NETWORK  
IMPORTANT UPCOMING DATES!



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SUMMER 2022

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The graphic says 'Welcome back!' in a playful, multi-colored font. The letters are overlapping and have a vibrant, rainbow-like color palette.

**Our youth need supportive relationships!  
How can you support your mentee?**

I hope you all had a wonderful summer. We are looking forward to seeing you in September at the Mentor Round Table. It is important to attend the September training as we will talk about how mentors can show up and be there for their mentees. Jerry Blackburn M.Ed., SUDP, will be presenting on Motivational Interviewing (MI). If you have had exposure to MI or it is new to you, you don't want to miss informative session and how you can implement this powerful technique with your mentee(s).

IF you haven't already taken EYN's FREE Youth Mental Health First Aid Class (YMHFA) we strongly encourage all mentors to sign up for this class. YMHFA teaches you about common mental health concerns and how to identify, understand and respond to signs of mental illness and substance use disorders in youth. Check out the EYN calendar for the next class.

<https://empoweryouthnetwork.org/events-calendar/>

As we prepare to meet with our mentees, remember to focus on relationship and connection. Allow the mentee to lead, teach you something new and get curious about your mentee's life choices and interests. It is a new school year which can be both exciting and stressful, so take time to support the whole child as they return to school. As your relationship develops you can share or model life skills including mindfulness, developing routines, goal setting, relationship skills, seeing our future, hopefulness and more.

We appreciate each and every one of you being on the YSM team. We look forward to continuing to partner with you however, it may look in the fall. Together we can build a better future and strength our valley community.

You are truly helping a child feel special, amazing and important!

*Thank you for all you do,  
Heather and Kathy*

# KEY DATES!

## Sept 21

Mentor Roundtable on Zoom 1-2pm  
Jerry Blackburn M.Ed., SUDP Motivational Interviewing Technique

## Sept 29

Give A Night Save a Life 6-8:30pm  
Millers Carnation or Snoqualmie Brewery Snoqualmie

## Oct 5

Mentor Meet up Huxdotter Coffee NB  
9:30-11am

## Oct 6

Mentor Meet up Rustic Cabin Duvall 9:30-11am



## We Need More Mentors For 2022-23

### You can help

- 1 Share your experience mentoring with groups you are part of, friends and family. Keep sharing and encouraging them to join
- 2 Invite friends or family to Mentor Meet Ups or have them contact the YSM staff
- 3 Like, share and comment on Facebook or Instagram posts



## Reminder!

School begins August 30 for SVSD and September 6 for RSD. Please join us in continuing to support our Snoqualmie Valley youth by being a mentor & sharing with other potential mentors.

YSM staff and both districts thank you for all that you do!. You make a difference!



[Riverview School District](#)



[Snoqualmie Valley School District](#)