Miller's - A Gathering Place
4597 Tolt Ave.
Carnation, WA 98014

Catering by Carnation Cafe & Lounge
Thursday, Sept. 29, 2022 6 - 8 p.m.
$50 ticket includes:
- Taco bar, 1 drink ticket, and
- 1 door prize ticket!
Extra door prize tickets available for purchase at event.
Give A Night Save A Life is held at two local venues on the same night. Attend the location most convenient for you!

Snoqualmie Falls Brewery
8032 Falls Ave. SE
Snoqualmie, WA 98065

You Are Invited!
Thursday, Sept. 29, 2022 6 - 8 p.m.

Empower Youth Network's mission is to promote and inspire youth to lead safe, healthy, and successful lives. Our Youth Substance Use Prevention & Youth Suicide Prevention Programs are key to this mission.

Here’s how your donations are put to work in the Snoqualmie Valley:
- How to Help a Friend suicide prevention training in school classrooms
- Guiding Good Choices parenting workshops
- Youth Mental Health First Aid training
- #YourLifeYourChoice Substance use prevention program at Mount Si HS
- #BeSmartDontStart Substance use prevention program at Cedarcrest HS
- #BeKindSV suicide prevention program at the elementary schools

*100% of donations go toward our programs!
September is known globally as Suicide Prevention Awareness Month and Empower Youth Network thanks the cities of Carnation, Duvall, North Bend, Snoqualmie and the town of Fall City, as well as the Riverview School District for their help in spreading the word. Throughout the Snoqualmie Valley, we partner with the community to start the conversation about mental health and the impact of suicide.

And remember, you are not alone. Don't hesitate to text or call the National Suicide Prevention Lifeline: 988.

**Saturday, October 15**
**9 a.m. - 3:30 p.m.**
**Online Course via Zoom**
**Register Here!**

Build your toolbox for supporting the Youth in your life!

This workshop is for people living or working in King County.

What is Youth Mental Health First Aid? Youth Mental Health First Aid is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis.

Youth Mental Health First Aid is primarily designed for adults who regularly interact with young people. The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations. Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including AD/HD), and eating disorders.

Please note: There is a prerequisite of a 2 hour self paced online training to be completed 48 hours prior to the training to be admitted to the virtual instructor led training. The link will be shared several days before the training via email.
SEPT. 23

EMPOWER YOUTH NETWORK PRESENTS:

SPIDER-MAN
NO WAY HOME

EMPOWER YOUTH NETWORK TEEN NIGHT

MOVIE STARTS AT DUSK AT THE TOLT COMMONS

FREE FOOD FOR ANY YOUTH UNDER 18 WHILE SUPPLIES LAST

BRING BLANKETS, CHAIRS AND BUG SPRAY

EMPOWER YOUTH NETWORK
CARNATION CHAMBER OF COMMERCE WASHINGTON
Parents & Guardians- We hope to hear from you!

The Snoqualmie Valley Parent/Guardian Education Alignment Team is hoping to hear from you about the type of workshops that will be most helpful this school year. Would you please take a moment to respond to the survey by Oct 5. Thank you!

https://www.surveymonkey.com/r/ParentEd2022

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Moving In Solidarity

The Empower Youth Network Moving in Solidarity Coalition hosted more than 50 teens from throughout the Snoqualmie Valley for the first ever Solidarity Summit on Sept. 9, 2022.

Attendees joined together in conversation and learning related to diversity, equity, and inclusion.

The Coalition Leaders have submitted a grant application to King County to continue this important work in the Snoqualmie Valley.
EYN teamed up with King County Library System to provide children, primarily of the Spanish speaking communities across Snoqualmie Valley, with a summer-long reading program. Each one-hour session afforded parents and guardians an opportunity to engage with children in developing and maintaining reading skills, and participating in activities.
The Care Team
A free community program serving families in the Snoqualmie Valley

- Connects to resources and compassionately guides families through the process.
- Fosters continued relationships with youth and families in the Snoqualmie Valley to understand barriers and improve access to resources.
- Provides support and connection to resources at times of overwhelm, stress, and crisis.

Empower Youth Network (425) 333-6614
The Care Team is part of a Best Starts for Kids Community Wellbeing Initiative

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Equipo de Apoyo
Un programa comunitario gratuito sirviendo las familias en el Valle de Snoqualmie

- Conecta a recursos y guía compasivamente a las familias a través del proceso.
- Desarrolla relaciones continuas con jóvenes y familias en el Valle de Snoqualmie para entender las barreras y mejorar el acceso a recursos.
- Proporciona apoyo y conexión a los recursos en momentos de agobio, estrés y crisis.

Empower Youth Network (425) 333-6614
El Equipo de Atención es parte de la iniciativa de bienestar comunitario Best Starts for Kids
Help King County improve social equity, affordable housing, and climate resilience

King County is updating its Comprehensive Plan, a 20-year plan that guides land use in unincorporated areas (places outside of city limits). This update will focus on actions to address social equity, affordable housing, and climate change in our region. There will be many opportunities for the public to provide input during this year-long planning process, starting with two surveys in September.

These short (6 and 7 question) surveys will ask for your thoughts on how King County should address affordable housing and climate change. The county would like to know…

- What types of housing make sense for our growing neighborhoods?
- How can we help residents stay in our communities as costs rise?
- How can King County help you stay cool in extreme heat?
- How can we help residents use less gasoline in their day-to-day lives?

King County will use the results of these surveys to guide studies and policies for the comprehensive plan, which will be available for public review and comment in early 2023. The county is also forming a community focus group that will meet over the next 12 months to review the survey results. The group will make sure that the experiences of residents who are BIPOC, immigrants/refugees, or who have low incomes are centered in these early drafts.
Apply self-reflection, learn about trauma informed care and responsive strategies to better meet the needs of youth in your life.

**6 CED clock hours can be provided for educators**

Four part workshop includes:

- Understanding Trauma to be a Trauma-Responsive Parent & Educator
- Trauma, Its Impact & Why What We Bring To The Table Matters
- Trauma-responsive Strategies
- Understanding the Importance of Self Care

For more than two years we have been experiencing a collective trauma that has resurfaced unresolved traumas and created new ones. The shelter in place and lock downs meant social isolation, which resulted in increases in depression and anxiety among children and adolescents. This holds true for adults as well. It is not uncommon to downplay the impact the pandemic has had on our wellbeing. If we do not address our own traumas and develop strategies for managing the effects trauma has on our body and mind, then we run the risk of re-traumatizing our children. Being trauma-responsive is about the adult first and the child second. We cannot help our children process their trauma if we haven’t first worked on ourselves.

The Inside-Out Workshop is designed to broaden the social and emotional awareness within ourselves. When we are able to recognize how our mind and body reacts to something that triggers our trauma, we can take steps to heal it through self-awareness, self-regulation and mindfulness. With greater self-awareness we are able to recognize our own triggers so that we are able to help our children learn to do the same.

For more information about our facilitator, Michelle John, as well as what you will learn, please click on the registration link above.