Thank you so much for making this event a success! Because of your support, we raised over $27,000 for our Youth Suicide and Substance Use Prevention programs. A special thank you to this year’s sponsors.

Save A Life Sponsors

Caring Youth Sponsors

Youth Advocate Sponsors

Supporting Sponsors

In-Kind Sponsors
Nominate A Kindness Ambassador!

Do you have someone in your life such as a child, teacher, coworker, or community member who spreads kindness to those around them? If you do, and want to recognize them, submit their story!

November is Kindness Month and we want to recognize all those that embody the #BeKindSV values and share their stories with a Community Kindness Award!

If you have someone that you want to recognize, use this link or QR code to submit their story!

https://forms.gle/hdQEHNFWQNeEA8pVA

Pledge to Make Kindness "Business As Usual"

#BeKindSV is a community and school wide campaign. This campaign supports positive climate by introducing, modeling, and reinforcing kindness and inclusion.

Your free business pledge includes an 8.5x5.5 window decal to display your campaign support, and your business will be listed on our #BeKindSV Facebook page.

Follow this link or use the QR code to pledge kindness in your workplace:

https://www.surveymonkey.com/r/BusinessPledge
¡Nombra a un(a) embajador/a de amabilidad!

¿Tiene a alguien en su vida, como un niño, un maestro, un compañero de trabajo o un miembro de la comunidad, que transmite bondad a quienes lo rodean? Si sabes de alguien y quieres reconocerlos, ¡envía su historia!

Noviembre es el mes de la bondad y queremos reconocer a todos aquellos que encarnan los valores #BeKindSV y comparten sus historias con un ¡Premio a la bondad comunitaria!

Si tienes a alguien a quien quieras reconocer, ¡usa este enlace o código QR para enviar su historia!

https://forms.gle/vtEorF1zfgmr4kmp9

Comprométete a hacer bondad
"Como siempre"

#BeKindSV es una campaña comunitaria y escolar. Esta campaña apoya el clima positivo al presentar, modelar y reforzar la amabilidad y la inclusión.

Su compromiso comercial gratuito incluye una calco-manía de ventana de 8.5x5.5 para mostrar su apoyo a la campaña, y su empresa aparecerá en nuestra Página de Facebook #BeKindSV.

Siga este enlace o use el código QR para comprometerse con la bondad en su lugar de trabajo:
https://www.surveymonkey.com/r/BusinessPledge
Welcome new staff member Tara Bergman, Prevention Coordinator

Tara Bergman is a Prevention Coordinator focusing on substance use prevention campaigns with Empower Youth Network.

Tara brings a background in customer service, operations, and program management in both corporate and nonprofit settings. She holds a Bachelor of Arts in Psychology with an emphasis in Women’s Studies from the University of Pennsylvania and has enjoyed serving the Snoqualmie Valley as a volunteer for over a decade supporting in classrooms, at community events, for booster clubs, and on PTSA boards.

Tara’s biggest volunteer passion is coaching with the Cedarcrest Mountain Bike Club, a program for middle and high school students with the mission of empowering youth on their bikes to learn skills, support one another, and become good stewards of the environment. Originally from Pennsylvania, Tara has lived with her husband and two sons in Carnation since 2010. Whether on a bike, paddle board, or on foot, Tara loves exploring nature and looking for birds with her dog.

Christine Miles accepts new position as Community Outreach and Language Access Coordinator

Christine Miles has recently accepted the position of Community Outreach and Language Access Coordinator. For the last year Christine has worked at EYN as a Bilingual Youth Resilience and Resource Coordinator. She’s excited to apply her experience of working with families and passion for equitable representation of ALL Snoqualmie Valley community members in developing culturally responsive programming.

Originally from New York City, Christine was raised in Puerto Rico, immersed in its language and rich culture. As a young adult, she returned to the U.S. by way of California. She moved to Washington in the early 90's and has resided in the Snoqualmie Valley since 2005. Christine’s early life experiences with acclimating to diverse cultures has fostered compassion for others who encounter similar situations.

Christine resides in Duvall with her husband and two sons. In her free time Christine enjoys reading, baking, cooking, and traveling.
Weekend Power Pack drop off spots are moving for both Duvall and Carnation.
The new drop spots are:

Duvall
Riverview School District office
15510 - 1st Street
Duvall, WA 98019
7 a.m. - 5 p.m.

Carnation
Empower Youth Network office
31951 East Bird St.
Carnation, WA 98014
Please leave in drop box outside the door.
*note EYN office drop off will begin 10/31/22

Weekend Power Packs provide supplemental food to local youth who face food scarcity over the weekends.
This community-based, grassroots effort sends donated food home with students every Friday and through the summer across the Riverview School District.
Each pack contains two breakfasts, two lunches, four snacks, and two milks.

To support our Weekend Power Pack program you can sign up here:
Duvall Drop or Carnation Drop

Or make a donation here:
Weekend Power Pack Donation
Empower Youth Network is hosting this free parent education course to provide resources for parents, enhance bonds within families and community and accomplish our mission of promoting the safety, health and success of our youth in the Snoqualmie Valley. Parents are the most valuable advocates our children have. Join us for this 5-week course to learn proven methods of increasing the communication in your family unit around important topics and making safe choices for everyone in the family.

Guiding Good Choices
free online workshop series for Parents

Designed for parents of students in grades 4-8, this workshop series provides valuable tools to strengthen family bonds and reduce risk factors associated with teen drug use.

Monday evenings from 6:30 - 8 p.m. for 5 weeks on Zoom
November 14, 21, 28 and December 5, 12

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REGISTER NOW

Workplace Giving

It’s that time of year again – Workplace Giving Campaign Time!
In many companies, October and November are times when employees can donate to their favorite charities via payroll deduction.
If you would like to take advantage of your workplace giving payroll deduction campaign to donate to Empower Youth Network we would be honored.
EYN’s tax id number is 46-4274413 and we are pre-registered with most company giving campaigns.
Please contact us if you have any questions via admin@empoweryouthnetwork.org
Thank you for your consideration!
To our beloved Community,

It is with great excitement that MENTOR Washington announces our newest Expert Partner in the field of mentoring in Washington, Empower Youth Network's Youth Success! Mentoring! After years of dedication to the youth in and around the Snoqualmie Valley and Riverview School Districts, Youth Success! Mentoring has proven itself to be an unwavering champion for youth development. In addition to their day-to-day, the team has spent years examining and scrutinizing their program components, policies, and procedures to improve outcomes. With a focus on implementing best practices, coupled with a fierce desire to uplift the amazing youth in their programs, Youth Success! Mentoring has kept its mission “of promoting and inspiring youth to lead safe, healthy, and successful lives” at the forefront of their work.

MENTOR Washington is honored to partner with Youth Success! Mentoring, in youth mentorship and we are excited to see the future impact for the young folks, families, and communities in Snoqualmie Valley and Riverview School Districts. The designation of Expert Partner signifies an alignment with mentoring best-practices, a dedication to continuous improvement, and a mindset of never being satisfied with “good enough.” We send a big Thank You to the Youth Success! Mentoring Team, for embodying these characteristics and their tremendous work over the past few years!

Congratulations!
The MENTOR Washington Team

Thank you for being my mentor. I enjoy talking with you and playing games

-Elem mentee
MENTORS NEEDED
FOR SVSD & RSD STUDENTS K-12

Can You Spend an Hour to Empower a Student?

MEET WITH A STUDENT ONCE A WEEK

BE ANOTHER ADULT TO SUPPORT THE STUDENT

PLAY GAMES AND DO ACTIVITIES THAT INTERESTS THE STUDENT

MEET ONE TO ONE, IN PERSON, DURING SCHOOL, EVERY WEEK

email: BeAMentor@EmpowerYouthNetwork.org
Sometimes we think parenting is mostly a set of strategies and techniques we use to shape our kids. But—at its core—being a parent is primarily about having a powerful relationship with a child who becomes a teenager, and then an adult. But what do those strong family relationships look like? What can we do in our families to be intentional and proactive in ensuring that our relationships continue to be positive and powerful as our kids grow up, even as we each grow and change?

It starts with you: engage, listen, and connect.

Strengthen your family relationships

It Starts with You: Engage, Listen and Connect

85% of Snoqualmie Valley adults are talking to kids about stress, depression, and anxiety. Connect with our youth today.

Snoqualmie Valley Community Network 2018 Community Perceptions Survey (n=357)