November is Kindness Month!
Kindness Starts With You

Kindness Month is Here

November 13th is World Kindness Day, and the Snoqualmie Valley has come together to proclaim November as Kindness Month!

The Empower Youth Network (EYN) promotes the #BeKindSV campaign through our Youth Suicide Prevention program. This campaign was designed to create a positive climate, which is key in establishing a foundation of regular, proactive support while preventing unwanted behaviors. #BeKindSV supports this by introducing, modeling, and reinforcing kindness and inclusion. We are seeing the positive impact this campaign provides and now, more than ever, would like to share this message throughout our entire Valley, and beyond!

Free Family Movie!

EVENT: 742126

Free Family Movie!
NORTH BEND THEATRE - ALL AGES WELCOME
SUNDAY, NOV. 27 • DOORS OPEN AT 11:30 A.M.
MOVIE STARTS AT NOON; OPEN TO ALL FAMILIES RATED PG ENJOY COMPLIMENTARY SNACKS!
Register here!

There is Still Time to 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!
If you have someone that you want to recognize, use this QR code to submit their story!

For more information email: sara@empoweryouthnetwork.org
Have you seen our #BeKindSV Kindness Month banners around the Snoqualmie Valley?

Banner Locations:
North Bend - Compass Outdoor Adventures
Snoqualmie - Snoqualmie Valley YMCA/Community Center
Fall City - Over HWY 202
Carnation - The Blue Iris
Duvall - Corner of Main St NE and NE Woodinville-Duvall Rd
Our Youth Matter! You Matter! Year-end Giving Campaign kicks off on Wed., Nov. 23. Your gift will help us start the new year strong! Click here to make your gift today.

Looking to connect, learn and have fun with other awesome people? Join us and become a mentor. Do good by being you! We have students waiting for mentors. To learn more email BeAMentor@empoweryouthnetwork.org
Would you see the signs of substance use in your home?

Hidden in Plain Sight

The Hidden in Plain Sight initiative helps parents & guardians spot signs of possible substance use, using an interactive display of a teenager's bedroom. This exhibit educates and empowers participants to communicate with their children about at-risk behaviors and expectations. A strong parent/guardian-teen relationship is one of the most effective tools to prevent youth substance use.

A Community Resource Fair will accompany each event.

Monday Dec. 5
7-8:30 p.m.
Mount Si High School
8651 Meadowbrook Way SE
Snoqualmie

Follow the QR code for registration

Tuesday Dec. 6
7-8:30 p.m.
Educational Service Center
15510 1st Ave NE
Duvall

Follow the QR code for registration

This is a FREE community event. Adults only, no students please.
For additional information visit www.empoweryouthnetwork.org.
¿Verías los signos de uso de sustancias en tu hogar?

Oculto a plena vista

La iniciativa Hidden in Plain Sight ayuda a los padres y tutores a detectar signos de posible uso de sustancias, utilizando una demostración interactiva de la habitación de un adolescente. Esta exhibición educa y capacita a los participantes para comunicarse con sus hijos sobre comportamientos y expectativas de riesgo. Una relación sólida entre padres/tutores y los adolescentes es una de las herramientas más efectivas para prevenir el uso de sustancias entre los jóvenes.

Una Feria de Recursos Comunitarios acompañará cada evento

Lunes 5 de diciembre
7-8:30 p.m.
Mount Si High School
8651 Meadowbrook Way SE
Snoqualmie

Siga el código QR para registrarse

Martes 6 de diciembre
7-8:30 p.m.
Educational Service Center
15510 1st Ave NE
Duvall

Siga el código QR para registrarse

Este es un evento comunitario GRATUITO. Solo adultos, no estudiantes por favor.
Para información adicional visite www.empoweryouthnetwork.org.
Please nominate Empower Youth Network under the Community/Local Non-Profit category!

Voting ends Nov. 28.

https://vote.valleyrecord.com/community

The Snoqualmie Valley Kiwanis Giving Tree program provides gifts each year for upper valley families who can benefit from some extra support during the winter and holiday season. Click on the link below to learn more about the Giving Tree and how you can get involved.

https://kiwanisgivingtree.weebly.com/
SNOWMAN PAINTING

FREE EVENT FOR YOUTH 13+

HTTPS://WWW.EVENTBRITE.COM/E/SNOWMAN-PAINTING-EVENT-FOR-YOUTH-AGES-13 TICKETS-461238465667

JOIN US FOR THIS YOUTH EVENT AT THE NORTHWEST ARTS CENTER IN DOWNTOWN DUVALL ON DEC. 22ND FROM 4-6:30PM. WE WILL BE PAINTING SNOWMEN LED BY AN INSTRUCTOR, WITH THE FREEDOM TO CUSTOMIZE.

*THE SNOQUALMIE VALLEY SCHOOL DISTRICT & RIVerview SCHOOL DISTRICT NEITHER SPONSOR NOR ENDORSE THIS EVENT AND THE DISTRICTS ASSUME NO RESPONSIBILITY FOR IT.*
Maya Catherman is the Youth Engagement Coordinator for Empower Youth Network. She is excited to work with the youth to create fun, safe, and engaging events. Maya has a Bachelor of Arts degree in Community Psychology.

Maya has volunteer experience with the youth in the lower valley and worked in childcare previous to this position. She is passionate about helping others, especially the youth. A goal of hers is to further her education surrounding mental health in the near future. Maya has lived in the lower valley all her life, and is thrilled to be able to work directly with her community as well as surrounding communities.

In her free time Maya enjoys spending time with her family and her Australian Shepherd, working out, and dancing to music in the kitchen while cooking. She is an advocate for both mental health and physical health. Maya encourages the youth to reach out about ideas for events, or anything they’d like to discuss!

Ari Fraire is our new Bilingual Youth Resilience and Community Resources Coordinator. She comes to Empower Youth Network with over 8 years of experience in Social Services, including Case Management, Community Engagement, and Parent Education.

Ari has knowledge and deep roots in South Snohomish and North King counties. She is very excited to get started and assist Snoqualmie Valley families.

Ari’s work with EYN’s TRACE/Care Team will focus on supporting families in the Riverview School District.