Registration is open for our Resilience Rising Conference on Friday, March 3, 2023! Empower Youth Network (EYN) is delighted to present the 3rd annual Resilience Rising Conference on Friday, March 3, 2023. This online event will be held from 8 a.m. to 3 p.m. Pacific Time and includes a full agenda of speakers presenting on topics related to building resilience and becoming a trauma-informed community. This free conference is open to everyone, including educators, social service providers, youth mentors, and parents. The Resilience Rising Conference includes Introductory, Advanced, and Wild Card tracks for participants to choose from. Up to five Washington State Approved Clock Hours are available for this event if desired. Most workshops will be recorded and available for viewing by ticket-holders for 3 months following the conference. Topics covered at the Resilience Rising Conference include supporting the development of resilience in youth, healing through storytelling, and anti-racism strategies. For a more in-depth look at our developing program tracks, click here.

Registration is free and funded by a grant from Premera Health. We hope you can join us to learn and grow together!

For questions, please contact Claire at claire@empoweryouthnetwork.com.

We hope to see you on March 3rd!
# March Resilience Month

<table>
<thead>
<tr>
<th>SUN</th>
<th>MON</th>
<th>TUE</th>
<th>WED</th>
<th>THU</th>
<th>FRI</th>
<th>SAT</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td>Disciplina Positiva 6-8pm</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5</td>
<td>6</td>
<td>7</td>
<td>8</td>
<td>9</td>
<td>10</td>
<td>11</td>
</tr>
<tr>
<td>Take 3 slow, deep breaths. Feel the fresh air in your lungs</td>
<td>Disciplina Positiva 6-8pm</td>
<td>Disciplina Positiva 6-8pm</td>
<td>Make a list of things that you are looking forward to</td>
<td>4</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>12</td>
<td>13</td>
<td>14</td>
<td>15</td>
<td>16</td>
<td>17</td>
<td>18</td>
</tr>
<tr>
<td>Go for a walk without looking at your phone</td>
<td>Choose kindness instead of judgement</td>
<td>Disciplina Positiva 6-8pm</td>
<td>Don’t be afraid to ask for help</td>
<td>17</td>
<td>Primeros Auxilios Mentales 9am-4pm</td>
<td></td>
</tr>
<tr>
<td>19</td>
<td>20</td>
<td>21</td>
<td>22</td>
<td>23</td>
<td>24</td>
<td>25</td>
</tr>
<tr>
<td>Think about a time when you felt truly supported by someone</td>
<td>Disciplina Positiva 6-8pm</td>
<td>Compliment someone on something other than appearance</td>
<td>24</td>
<td>Be The Change Summit 8:30am-2:30pm (youth)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>26</td>
<td>27</td>
<td>28</td>
<td>29</td>
<td>30</td>
<td>31</td>
<td></td>
</tr>
<tr>
<td>Step outside and pay attention to something you would usually miss</td>
<td>What are 5 things that you are grateful for?</td>
<td>Disciplina Positiva 6-8pm</td>
<td>Take a moment to connect with someone, even if it’s small</td>
<td>30</td>
<td>29</td>
<td></td>
</tr>
</tbody>
</table>

## Resilience Rising Conference

- **March 3 | 8 a.m. - 3 p.m.**
- **Registration (free):**
  - Annual conference on building resilience and becoming a trauma-informed community

## Be The Change Youth Summit

- **March 25 | 8:30 a.m. - 2:30 p.m.**
- **Registration ($25 / Free):**
  - Middle & High school: Learn with fellow youth, discover inner strengths and build foundations for leadership.

---

> Although the world is full of suffering, it is also full of the overcoming of it.

- Helen Keller

---

**RESILIENCE READING!**

For all ages

Check out Resilience-related books!

Curated by your local librarians

![Book Cover](image)

**AND** look for a Resilience table with information and activities at your local library!

### ¡EN ESPAÑOL!

**Disciplina Positiva**

- **Marzo 1, 8, 15, 22 y 29 | 6 - 8 p.m.**
- **tinyurl.com/eyonpositiva**

**Primeros Auxilios Mentales - Adultos**

- **Marzo 18**
- **Identificar y responder a los signos de enfermedad mental y trastornos por uso de sustancias**
- **tinyurl.com/pam001**

---

> “Although the world is full of suffering, it is also full of the overcoming of it.”

- Helen Keller

---
Resilience is our ability to spring back and heal as we work through difficult experiences. The good news is that personal resilience is something that can be developed! Being resilient is largely about recognizing when you are struggling and practicing healthy coping strategies. For most of us, our coping strategies are highly individualized.

Healthy coping strategies can be thought of as a toolbox that you can pull from to care for yourself when times get challenging. Practicing your healthy coping strategies regularly can actually help you be prepared to respond to life’s demands. These strategies include:

- Get plenty of sleep and go to bed early
- Take a nap
- Reduce intake of news
- Take all electronics out of your bedroom
- Take a daily walk outside
- Make time to engage in hobbies
- Spend time with friends (can be a phone call)
- Meditation or mindfulness

One of the most effective healthy coping strategies is meditation. Meditation is a tool that supports our resilience because it can provide mental fortitude and help us maintain balance during stressful periods. Mindful or meditative breathing physically soothes the nervous system and calms our brains. One quick internet search and you will find a variety of helpful mindfulness activities.

The more tools you put in your toolbox, the more likely it will be that you can pull out the one you need the next time you need one.
Supporting Resilience & Whole-child Development:
Getting kids ready to take on the world!

by Jerry Blackburn, Program Director

Historically, we have seen swings in education between support for academic success and social emotional well-being as opposing focal points. It is easy to consider that the most productive approaches live somewhere in the middle. That is, it’s possible to create an environment where students can succeed in their academic pursuits while having all the necessary skill sets to take that success into their futures.

Being successful, in whichever endeavors our youth engage, is predicated by the development of social-emotional skills, resilience, and a growth-mindset. It is important to remember that this development is becoming part of their neurological architecture.

So how do we support whole-child development?

- Make space for a wide range of emotional expressions. Emotional intelligence, or the identifying and managing of a continuum of emotions, is a hallmark of youth development. Help your student put names to feelings. Ask “how are you?” first, rather than “how did you do?”
- Allow your child to experience what I term constructive adversity. That is to say, let your student manage age-appropriate, life on life’s terms difficulties so they are better equipped to be successful doing so in the future, independently, with more complex situations. Teach the value of a challenge and hard work by identifying it when you see it. “Wow, that must have been hard!”
- Help youth differentiate between pride and arrogance. Be mindful of systems/structures that support the latter. Arrogance is rarely seen as a resume builder! Helping students understand success is different than winning.
- Encourage activities that support belonging vs. just participation. Emotional connections and community provide a foundation for compassion and inclusion.
- Normalize the idea of need as a universal experience. This allows youth to more easily ask for help when needed and find empathy for others when they see it.
- Help students develop internal validation systems. Example: “you worked hard on that” vs. “that is beautiful.” It is the development of internal worth and esteem that will support their success. Not to say we cannot voice pride in their efforts.
- Practice gratitude as an action. Being of service to others is a profound developmental experience. Support volunteer opportunities to give back to the community.

Creating a young adult is certainly not easy! However, by taking a moment to consider what we would like success to look like for our youth can go a long way in providing clarity and focus for our parenting strategies.
Introducing!

EYN Board of Directors for 2023!

From top left to right:

Baly Botten, Dr. Susan Leach, Jeremy Johanson, Alicia Messa, Chris Hawkins
Kim Johnson (Past President), Karla Heath (Secretary), Lauren Kremer, Molly
Jensen, Rohani Joshi, Mike Pusich (Treasurer), Jolene Williams, Erica Healy, Mike
Tenney (President Elect), Dr. Stephanie Pickering, Larry White (President),
Kimberly Arellano, Alison Elbahouty
Not pictured: Mariam Mohammed
GET TO KNOW THE
EMPOWER YOUTH NETWORK
PREVENTION TEAM

Tara
Substance Use Prevention
Positive Community Norms Campaigns:
- #BeSmartDontStart
- #YourLifeYourChoice
- It Starts with You: Engage, Listen, and Connect
- Coming soon: Normalizing Need

Sara
Youth Leadership:
- Riverview Youth Council
- Snoqualmie Valley Youth Council
- Be the Change Summit

Suicide Prevention
- How to Help a Friend
- #BeKindSV

Maya
Youth Leadership:
- Riverview Youth Council
- Snoqualmie Valley Youth Council

Youth Engagement:
- Monthly Teen Events

EMAIL:
tara@empoweryouthnetwork.org
sara@empoweryouthnetwork.org
maya@empoweryouthnetwork.org

INSTAGRAM:
@empoweryouthnetwork
@riverview.youth.council
@elyn_besmartdontstart
@elyn_yourlifeyourchoice

www.empoweryouthnetwork.org
Be The Change Youth Summit

Saturday, March 25, 2023

8:30 a.m. - 2:30 p.m.

Location: Chief Kanim Middle School
32627 SE Redmond Fall City Road
Fall City, 98024

Join us for a fun-filled day full of leadership, self-discovery, authenticity, inspiration and friends!

Register Here:
https:// bethechange2023.eventbrite.com

Registration includes:
Lunch, T-shirt, Materials and Door Prizes!

We are so excited to welcome back Nigel Wrangham as our Be The Change facilitator! Nigel was the first presenter for Be The Change and his passion is supporting young people to discover and use the tools they need to build the equitable, just, and healthy society they deserve.

The Snoqualmie Valley School District and Riverview School District neither sponsor nor endorse this event and the districts assume no responsibility for it.
MARCH TEEN EVENTS
FREE EVENTS!

TWIN FALLS HIKE
SUNDAY, MARCH 12
11–12:30 PM
TWIN FALLS TRAILHEAD
SE 159TH ST, NORTH BEND, WA 98045
FREE EVENT FOR AGES 13-18! JOIN US FOR AN EASY 2.6-MILE ROUNDTROIP HIKE IN NORTH BEND. FAMILY AND FRIENDLY DOGS ON LEASH ARE WELCOME. WE WILL MEET AT THE TRAILHEAD AT 11 AM.

For more information visit https://empoweryouthnetwork.org/events-calendar/

DUVALL HIKE
SUNDAY, MARCH 19
11–2 PM
CHERRY CREEK FALLS TRAILHEAD
16538 KELLY ROAD NORTHEAST, DUVALL, WA, 98019
AGES 13-18. JOIN US FOR AN EASY 5-MILE ROUNDTROIP IN DUVALL. FAMILY AND FRIENDLY DOGS ON LEASH ARE WELCOME TO JOIN! WE WILL MEET AT THE TRAILHEAD AT 11 AM.

TALLER: DISCIPLINA POSITIVA
EDUCANDO EN EL RESPETO Y LA CONEXION
Cinco semanas en Marzo, Miércoles
Marzo 1, 8, 15, 22 & 29
A las 6:00 – 8:00 p.m.
Centro Comunitario de Duvall Highlands
28000 NE 142nd Pl., Duvall
Heart of the Valley Gala planning is underway!

We are looking forward to this year’s gala on April 22, 2023, at the Snoqualmie Casino!

There are many ways you can help make this our best gala yet. Our gala website includes links for ticket sales, item donations, and sponsorships. We hope you can join us.

Heart of the Valley Gala Website

Questions? Contact Helene Wentink, Director of Communication & Development at 425-442-1268.