How can a mentor help their mentee develop hope? Mentors can begin supporting their mentees increase their hope by themselves practicing hope in their own lives and modeling it. Hope begins by using our imagination to see a better outcome, a better tomorrow which can change our mindset. Setting a goal even a small goal that is desirable by the individual for their life. Then developing the steps to obtain your goal and maneuver around setbacks and obstacles and staying motivated. As mentors we can help our mentees set short term goals that are desirable for them. We can also offer guidance and encouragement when will power runs low. Remember success begets success so aim for small goals related to school or their personal life. An example could be being on time to class, win the next level of a video game, clean my room, turn in my papers on time, run faster, do something with a friend, and more.

Hope is the single best predictor of our ability to thrive
Casey Gwinn JD & Chan Hellman, PhD.

We appreciate each and every one of you being on the YSM team. We look forward to continuing to partner with you. Together we can build a better future and strengthen our valley community. You are truly helping a child feel special, seen, heard, cared for and important!

Check out the events page on the EYN website. https://empoweryouthnetwork.org/events-calendar/

Thank you for all you do,
Heather and Kathy
Thank you for all that you do! You make a difference!

Snoqualmie Valley School District
Riverview School District

We Need More Mentors for 2023-24 school year
Will you 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!
Call the school each week to make sure your mentee is at school for mentoring.

Check the school calendar
No mentoring on No school days

Please join us in continuing to support our Snoqualmie Valley Youth by being a mentor & sharing with other potential mentors.

April 22
EYN Gala Snoqualmie Casino & online auction

May 12
Deadline to turn in your mentee book for to YSM order and RSVP Mentor End Year Celebration

June 1
Mentor End of the Year Celebration Breakfast 9-10:30am Dirt Fish Snoqualmie RSVP by 5/12

June 22 / June 23
SVSD Last Day School/RSD Last Day of School

KEY DATES!