I hope you all had a wonderful summer. We are looking forward to seeing you in September at the Mentor Round Table and Mentor Meet Ups. It is important to attend the September training as we will talk about how mentors can show up and be there for their mentees. Mary Beth Crowder-Meier will be help us all to show up with the right mindset to be ready to support our mentors this year. You don't want to miss this informative session and how you can practice and implement.

If you haven't already taken EYN's FREE Youth Mental Health First Aid Class (YMHFA) we strongly encourage all mentors to sign up for this class. YMHFA teaches you about common mental health concerns and how to identify, understand and respond to signs of mental illness and substance use disorders in youth. The next class will be October 21 and more class offered in 2024. https://empoweryouthnetwork.org/events-calendar/

If you are interested in expanding your mentoring support consider also being a career mentor and share your professional talents with local youth. Email Karla@empoweryouthnetwork.org or For more information https://pathwayspathfinder.org/career-coaches-mentors/mentor-interest/

As we prepare to meet with our mentees, remember to focus on relationship and connection. Have a few activities planned such as sharing summer activities, pictures with each other. Other ideas are allow your mentee to teach you something new and get curious about your mentee's life choices and interests. It is a new school year which can be both exciting and stressful, so take time to support the whole child as they return to school. As your relationship develops you can share or model life skills including mindfulness, developing routines, goal setting, relationship skills, seeing our future, hopefulness and more.

We appreciate each and every one of you being on the YSM team. We look forward to continuing to partner with you however, it may look in the fall. Together we can build a better future and strength our valley community. You are truly helping a child feel special, amazing and important!

Thank you for all you do,
Heather and Kathy
YSM staff and both districts thank you for all that you do! You make a difference!

Snoqualmie Valley School District

Riverview School District

Share your experience mentoring with groups you are part of, friends and family. Keep sharing and encouraging them to join

Invite friends or family to Mentor Meet Ups or have them contact the YSM staff

Like, share and comment on Facebook or Instagram posts

Back to School Mentor Challenge!

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!

School begins August 29 for SVSD and September 5 for RSD. Please join us in continuing to support our Snoqualmie Valley youth by being a mentor & sharing with other potential mentors.

YSM staff and both districts thank you for all that you do! You make a difference!

Riverview School District

Snoqualmie Valley School District