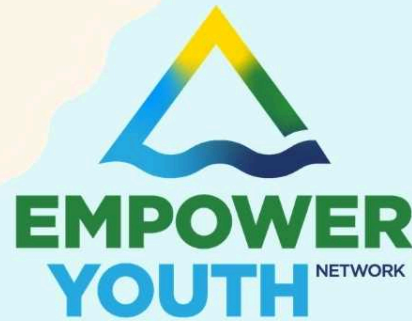


March 2026 Newsletter

Heart of the Valley Gala, Mentor Meet Ups, Rise and Shine Nominations, Board Updates and more!



Rise and Shine Nominations OPEN



Empower Youth Network invites you to participate in this special annual event, celebrating the extraordinary individuals in our community whose volunteer efforts inspire and empower all youth to lead safe, healthy, and successful lives.

This is your opportunity to honor someone who exemplifies dedication, commitment, and a positive impact on the lives of young people – either through their work to support youth in the community or their work with EYN directly.

Nomination Deadline: Thursday, April 30, 2026

Recognition Breakfast Date: Wednesday, June 3, 2026 at 7:30 a.m. at Riverview School District Educational Service Center

Nomination Form (Closes 04/30)

Gala Tickets on Sale Now!



The annual Heart of the Valley Gala, held each spring, supports ALL of our programming as our biggest fundraising event of the year and one very special, elegant, fun evening. In addition to funding our Substance Use and Suicide Prevention efforts, the money raised at our gala in May funds the following key programs that also support those prevention efforts: Youth Engagement, Community Outreach and Education, TRACE Care and Resource Coordination, Youth Success Mentoring, Pathways to Employment Success, and Weekend Power Packs.

We hope you will join us to celebrate and support our life-saving work for youth and families across Snoqualmie Valley on **Saturday, May 16** from **5-10:30 p.m.** at **Snoqualmie Casino & Hotel**.

Reserve Your Seats

Become a Sponsor

Donate an item!

Can't attend? Check out the option to make a cash donation!

Upcoming Mentor Meet Up



Youth across Snoqualmie Valley need you!
Meet once a week. 30 mins - 1 hr. Make a difference.

NQMS
GOLD PARTNER
2024 - 2027

Stop by a Mentor Meet Up to learn more!

Join us on April 1 (details below).

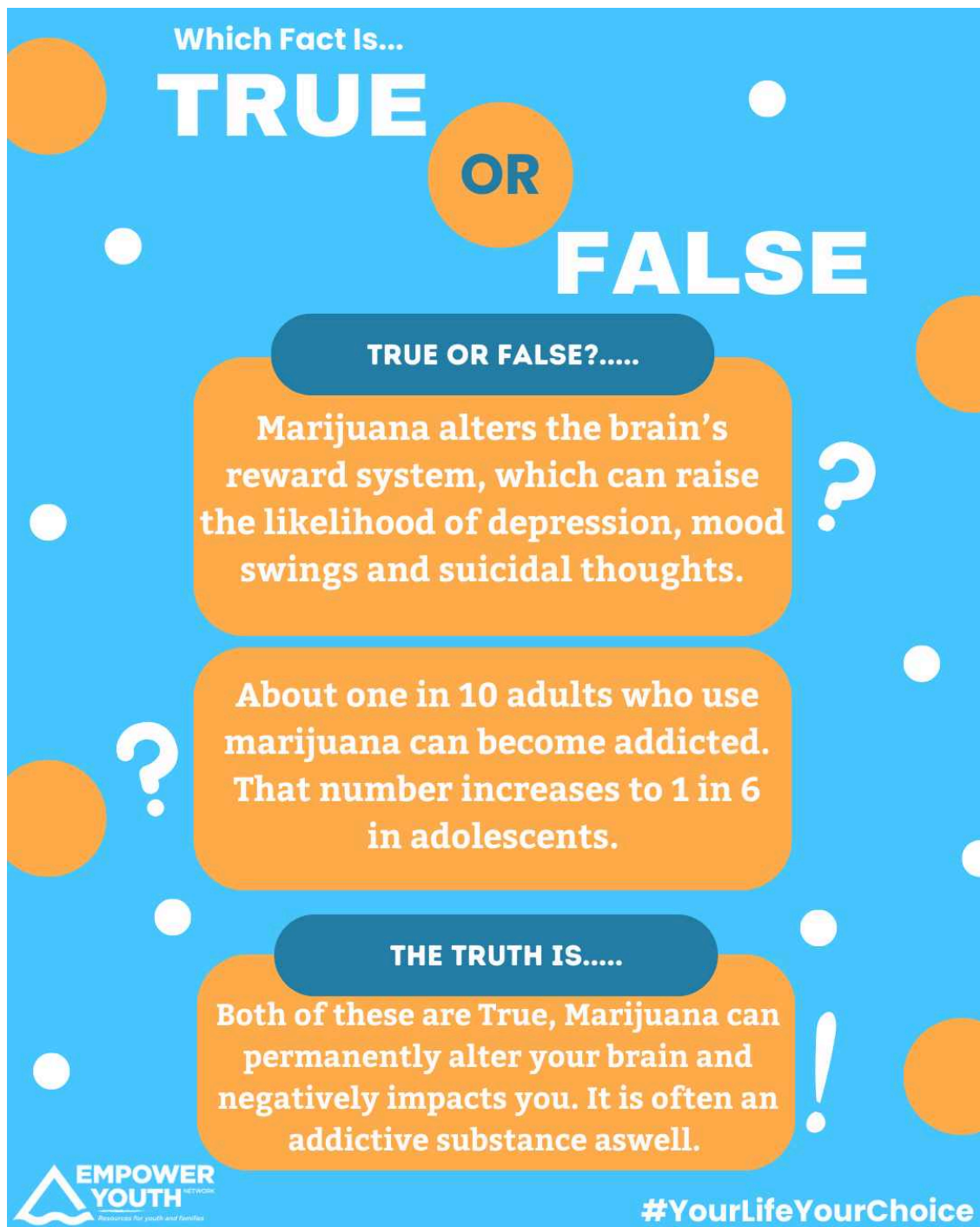
A Youth Success Mentor connects with a student once a week for 30 minutes - 1 hour to make a positive difference in that youth's life. During that time, mentors play games, get creative and show their mentee that there is someone they can count on to talk to and be heard by.

Want to learn more? Stop by an upcoming Mentor Meet Up!

- April 1 from 3:30 - 5 p.m. at Snoqualmie Ice Cream, 8102 Railroad Ave, Snoqualmie

[Learn More About Youth Success Mentoring](#)

Drug & Alcohol Facts Week



Did you know that MOST Snoqualmie Valley students are NOT using substances regularly? This is a fact that is backed by district, state and national data. Through **Be Smart Don't Start** (our substance use prevention campaign at Riverview School District) and **Your Life Your Choice** (our substance use prevention campaign at Snoqualmie Valley School District), we bring attention to this and other positive norms to correct misperceptions around substance use. By highlighting the positive and healthy choices our youth are making, we work to reduce the pressure to use substances and empower them to make healthy choices. In addition to shifting misperceptions,

we also provide data and facts, which is what we are doing this month at both of our high schools and in our community. By providing facts from trusted resources, we allow youth to make informed choices about their future.

Want to see more content like the infographic above to stay in the know about the facts between both districts? At Mount Si High School, we worked with graphic design students to design Instagram posts for **National Drug & Alcohol Facts Week**, happening March 23-March 29, 2026! Follow us on Instagram [@eyn_yourlifeyourchoice](https://www.instagram.com/eyn_yourlifeyourchoice) or [@eyn_besmartdontstart](https://www.instagram.com/eyn_besmartdontstart).

Weekend Power Pack Updates



Weekend Power Packs would love to express gratitude for the support we have received this past month. A wonderful women's service organization from the Church of Jesus Christ of Latter Day Saints joined us for a packing party, where they assembled 270 packs. We followed that up by visiting the office of Roy Towse – Compass Real Estate for a packing event led by an amazing seventh grader.

Each week, EYN distributes just over 200 Power Packs to students who need them most. Partnerships like these ensure students across the Riverview School District have reliable access to the support they deserve.

If you or your organization is interested in participating in a packing party, please contact us below.

Together, we can make a difference to keep kids fed.

Contact Us

We would also like to give a huge thank you to everyone who has donated via our Amazon Wish List. **If you would like to purchase items on our Wish List, please do so below.**

Thank you for your continued support!

Purchase Wishlist Items

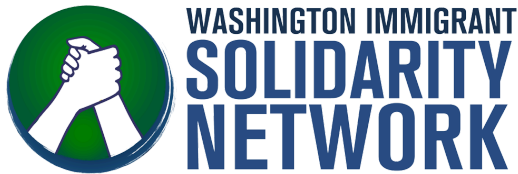
Free Upcoming Youth Events



Event Details



Some Useful Resources for Today



The WAISN Deportation **Defense Hotline** is the only statewide resource dedicated to supporting all Washingtonians, regardless of immigration status.

The Fair Fight Bond Fund helps release people from immigration detention, to reunite them with their families and allow them to pursue their immigration cases outside of detention, which increases their chances of a successful case.



Project Access Northwest's goal is to help uninsured and underinsured individuals in our service area gain access to the right mental health professional — or emerging health professional — to meet their needs.

Patients may now enroll themselves in the **Pro-Bono Counseling program**.

What resources or work should we share in the next newsletter?

Please contact Communication and Engagement Coordinator Maddy Horn at maddy@empoweryouthnetwork.org.

About Empower Youth Network

Empower Youth Network's mission is to promote and inspire youth to lead safe, healthy, and successful lives. The Network helps build, support, and coordinate community leadership to promote health and wellness through

effective strategies to make the Snoqualmie Valley a place where all residents thrive.

Check out our [website](#) to learn more.

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