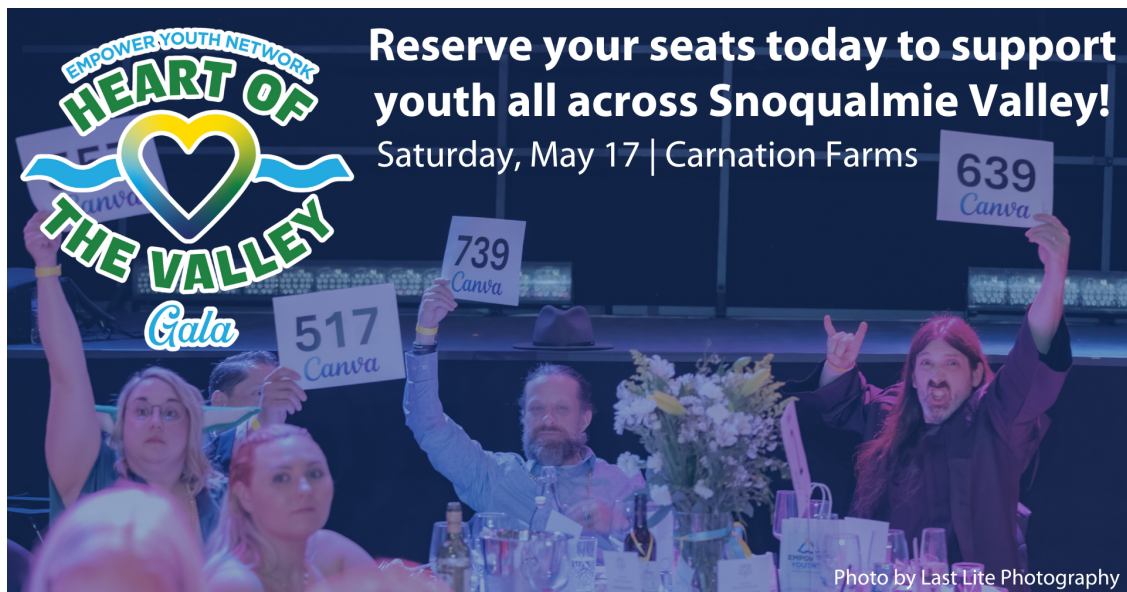


March 2025 Newsletter



Heart of the Valley Gala



Tickets for the 2025 Heart of the Valley Gala are on sale NOW!

The Heart of the Valley Gala 2025 will be a night to remember! Join us on Saturday, May 17 at Carnation Farms Hippodrome. Doors open at 4:30 p.m. with happy hour, games, dessert dash, a live auction, and a wonderful dinner. The evening wraps up with a post-gala dance party.

Reserve your seats

[Become a sponsor](#)

[Donate an item](#)

Heart of the Valley Gala Volunteer Opportunities

Become a Table Captain

Table captains generate excitement for the event and can decorate their table and provide a celebratory atmosphere. They typically purchase their own event ticket and help remind potential guests to purchase theirs as well before the event deadline. They are not required to purchase tickets for the entire table.

Help with Dessert Dash

In 2024 EYN raised \$18,541 on Dessert Dash alone! If you are associated with a bakery or a baker yourself, please contact us below if you would have any interest contributing a delicious creation to this fun, important fundraising component of our gala!

[Learn how to be a Table Captain](#)

[Contact us about Dessert Dash](#)

March Mentor Meet Ups



Learn how to be a mentor to a local student

Stop by a Mentor Meet Up to chat!

Duvall Mentor Meet Up

Wednesday, March 26
10:30 a.m. - 12p.m.
at Grateful Bread

15602 Main St NE, Duvall, WA 98019

Snoqualmie Mentor Meet Up

Thursday, March 27
10 - 11:30 a.m.
at Starbucks

34817 Snoqualmie Pkwy, Snoqualmie, WA
98065

**Please note Starbucks is next to MOD pizza on
Snoqualmie Ridge*

Look for this flier and
join us! No host event,
food and beverages
available for purchase.



Just stop by to join us in Duvall at Grateful Bread
or Snoqualmie at Starbucks, next to MOD pizza!

No host event, attendees are welcome to purchase their own food and
beverages to enjoy as we chat, though.

April Behavioral Health Collaborative Retreat

BEHAVIORAL HEALTH COLLABORATIVE RETREAT: Mobilizing Community into Action

Prolonged stress has deeply affected well-being, with many adults quietly facing challenges in isolation, contributing to rising depression and anxiety.

Join us as we uncover innovative approaches intersecting prevention, early intervention, and community engagement to address these symptoms and foster a more connected and supportive environment.

**Friday, April 25 | 9 a.m. - 12 p.m.
Riverview Education Service Center
15510 - 1st Ave. NE, Duvall**

You're invited to join Empower Youth Network for a half-day retreat focused on enhancing behavioral health access for everyone in Snoqualmie Valley. The retreat will highlight a treatment approach that effectively uses community engagement as a strategy for prevention and early intervention in addressing symptoms of depression and anxiety.

We hope you will join us on **Friday, April 25 from 9:00 a.m. - 12:00 p.m.** for a morning of connection, collaboration, and meaningful conversation. Let's work together to create positive change in our community!

Register Here

Questions? Contact Us!

**Thank you Department of Community and
Human Services (DCHS)!**



Pictured Here: Kelly Rider (*DCHS Director, King County*), Nela Cumming (*Encompass*), Max Harrison (*Empower Youth Network*), Misty Messer (*CarePoint Clinic*), Alison Roberts (*Snoqualmie Valley Food Bank*), Tonya Guinn and Aprille Balangue (*Trail Youth Coffee Home*), Brooke Drennon (*Friends of Youth*), Jody Meisel (*Supportive Community for All/SV Human Services Coalition*), Kira Avery (*SnoValley Senior Center*), Karen Rodriguez La Paz (*Hopelink*), Jen Kirk (*Reclaim Stability*), and Steve Wright (*Snoqualmie Valley Health*).

Our Executive Director Max Harrison was one of the community leaders that had the opportunity to connect with the folks above, including DCHS Director Kelly Rider, in an effort to come together for an important conversation—about collaboration, strategy, and our mutual advocacy across Snoqualmie Valley to ensure our neighbors are healthy, safe, and thriving.

Our thanks go to Nela Cumming from Encompass for arranging this meeting and to Kelly Rider for taking the time to lean into our work!

Free Upcoming Youth Events

Laser Tag

*Free event for
high schoolers!*

Friday, March 28 |
7:15 - 9 p.m.

Si View Community Center
(400 SE Orchard Dr,
North Bend, WA)



Event Details (Registration Full!)

Explore Pathways at Career Days

The Cedarcrest High School Trades Night is NEXT WEEK on
Thursday, March 27 from 6 - 7:30 p.m.

Pathways to Employment Success will be there to share exciting upcoming opportunities with students too!

CHS Trades Night

 **Date:** March 27th, Thursday

 **Time:** 6:00 PM - 7:30 PM

 **Location:** CHS Library

Calling all students, families, and community members! Join us for an exciting evening to explore various trades and career opportunities! This is your chance to meet industry professionals, learn about different trades, and discover pathways to a successful career.

Why Attend?

- **Guest Speakers:** Hear from experts in fields such as construction, electrical work, real estate, manufacturing, automotive, and more.
- **Networking Opportunities:** Connect with professionals and peers who share your interests.
- **Information Tables:** Get valuable information on training programs, apprenticeships, and career paths.



Questions? Contact Wendy Scott scottw@rsd407.org

Some Useful Resources for Today



WASHINGTON STATE LEGISLATURE

In 2019 the Washington State Legislature passed the **Keep Washington Working Act** (KWW) to protect the rights of immigrant communities from unnecessary contact with ICE (Immigration and Customs Enforcement) and CBP (Customs and Border Protection).



The **Immigrant Defense Project** details the latest trends in ICE arrests at homes, courthouses, and shelters. It outlines what to know and expect if ICE comes to your house, as well as what your legal rights are in that situation. Booklet available in Spanish and English, and a shorter flyer offering an overview of the booklet is available in French, Punjabi, Arabic, Mandarin, Korean, Tagalog, and more languages.



Whether you're raising a 2SLGBTQ+ child, are a 2SLGBTQ+ parent yourself, or simply want to connect with others on a similar journey, the Parents Circle at **Snovalley Pride** is here for you.

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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