

November 2025 Newsletter

Free Ice Skating, DirtFish Student Tour,
Year-End Giving, How to Help a Friend,
Holiday Resources, and more!



2026 How to Help a Friend Training



Our 2026 How to Help a Friend Training is now open for

registration! This training is for high school teen leaders who will help train 6th, 7th and 8th graders in the Snoqualmie Valley and Riverview School Districts.

How to Help a Friend is a peer-to-peer suicide prevention training. The in-class middle school training is a peer-led educational program that teaches 6th - 8th grade students healthy coping strategies, how to recognize the signs and symptoms of suicidal thinking, and encourages help-seeking behaviors.

This training requires committing to both training dates Thursday, January 8, and Wednesday, January 14; from 5 - 7 p.m. and located in Fall City at the Fall City Fire Station Meeting Room.

Register for Free

Holiday Resource List Lista de Recursos Festivos

Issaquah Food & Clothing Bank - Holiday Gifts (179 1st Ave SE, Issaquah, WA 98027)

- Their 2025 application is open.
- Eligible families must have accessed three food services between Jan 1, 2025, and Nov 14, 2025.
- They serve zip codes including 98014, 98065, 98045.
- The gifts are distributed on December 5–6 (time slots assigned) in Issaquah.

Snoqualmie Valley Food Bank - Holiday Giving Tree Program (122 E 3rd St, North Bend, WA 98045)

- They partner with Kiwanis for the Annual Holiday Giving Tree where families with children up to 18 can sign up.
- Registration and announcement pending

Scroll down further in this newsletter to see free winter/holiday activities for youth by Empower Youth Network!

Issaquah Food & Clothing Bank - Regalos Navideños (179 1st Ave SE, Issaquah, WA 98027)

- La solicitud para 2025 está abierta.
- Las familias elegibles deben haber utilizado tres servicios de alimentos entre el 1 de enero de 2025 y el 14 de noviembre de 2025.
- Atiende códigos postales incluyendo 98014, 98065, 98045.
- Los regalos se entregan los días 5 y 6 de diciembre (se asignan franjas horarias) en Issaquah.

Snoqualmie Valley Food Bank – Programa del Árbol de Regalos Navideños (122 E 3rd St, North Bend, WA 98045)

- Se asocian con Kiwanis para el Árbol de Regalos Navideños anual, donde las familias con niños hasta 18 años pueden registrarse
- Registro y anuncio pendientes. Llame a (425) 888-7832.

Essentials First – Feria Navideña

- Su feria anual de recursos y comida para llevar será el viernes 5 de diciembre de 1:00 a 4:00 en el Bellevue Skate Center de la Iglesia LDS.

Preguntas? Contacta a Irene Muller: irene@essentialsfirst.org

Winter Lights - Sábado 6 de diciembre, de 3:00pm a 6:00pm (7971 Railroad Ave SE122 E 3rd St, North Bend, WA 98045)

- Santa llegará en su trineo especial a las 5:30 para ayudar al alcalde Ross con la cuenta regresiva para encender el árbol navideño en Railroad Park.

Librería de Duvall KCLS

¡Haz tus propios regalos!

Martes, 9 de diciembre, de 4:00 a 6:00 Duvall ¡Crea una variedad de manualidades que serán encantadores regalos para tus seres queridos! Con todos los suministros proporcionados, solo trae tu creatividad. Patrocinado por los Amigos de la Biblioteca de Duvall. Todas las edades son bienvenidas. No es necesario registrarse. Las reservas son limitadas

Vamos a crear... Linternas Luminarias Lunes, 15 de diciembre, de 4:30 a 5:30 Duvall . ¡Disfruta de nuestro nuevo programa de manualidades especialmente para niños! Convierte luces parpadeantes, papel de seda y un tarro de cristal en una hermosa linterna. Haz un nuevo proyecto de manualidades cada mes y llévate tu trabajo a casa. No necesitas materiales, solo trae tu creatividad. Patrocinado por los Amigos de la Biblioteca de Duvall. De 6 a 12 años. No es necesario registrarse. El espacio es limitado

¡Desplázate más abajo en este boletín para ver actividades gratuitas de invierno/vacaciones para jóvenes ofrecidas por Empower Youth Network!

Youth Success Mentors Needed

“In most cases, you are helping a mentee by simply spending time with them and listening.”

Mike Pusich,
Youth Success Mentor
Past Board Treasurer



Imagine the power of showing up for a young person who needs someone to believe in them. Volunteering as an in-school mentor with Youth Success Mentoring (YSM) a program of Empower Youth Network (EYN) is about being a steady, caring presence in a student's life.

Many kids face challenges that make school and life feel overwhelming, and having an adult who listens, encourages, and reminds them of their potential can change everything. Your time and attention can spark confidence, inspire dreams, and create a ripple effect that lasts far beyond the classroom. When you step into that role, you're not just giving back—you're shaping a future. Meeting 1:1 with the same student one hour a week during the school day for the school year, CAN transform a life. Will you be that difference?

[Email the Youth Success Mentoring Team](#)

[Apply to be a Mentor Now](#)

Needing Help is Human/Necesitar



During this time of year, it is important to remember that Needing Help is Human / Necesitar Ayuda es Humano. The primary messages of these campaigns are:

- Asking for help is a strength, not a weakness
- We don't have to do it alone
- Breaking isolation
- Helping yourself is helping your family.

If you need help with getting help, resources are below!

Needing Help is Human

Necesitar Ayuda es Humano

Youth Matter! You Matter!



As we approach the end of 2025, Youth Matter! You Matter! is our year-end giving campaign that also reminds us all of our importance and how we can help youth across all of Snoqualmie Valley. Youth Matter! You Matter! will launch on Wednesday, 11/26. Want to help us get a head start as we move towards 2026? Please feel free to donate early below!

Donate Early

Weekend Power Pack Updates



It has been a busy month for Weekend Power Packs! We are now sending home 200 Power Packs each week to students in the Riverview School District. Thanks to our amazing community, we are keeping our shelves stocked with food for the packs.

We want to give a huge shout-out to everyone who has contributed food via

our Wish List, dropping off donations at the office, or holding a food drive. Your efforts have ensured we have enough supplies to meet the needs of the families in our community. Looking for an easy way to donate? Purchase an item off our wish list below!

We had some enthusiastically big-hearted Girl Scouts come to our office to pack Weekend Power Packs this month. They put together 300 packs! We are looking forward to our next packing parties with the Cub Scouts and with Talking Rain Beverage Company.

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

FREE Holiday & Winter Cookie Decorating

Location
Tolt Middle School

For middle and high schoolers!

 **Tuesday, December 16**
3-4 p.m.



[Register Here](#)

FREE Ice Skating Sno King Ice Arena in Snoqualmie

Location

For middle and high schoolers!

 **Saturday, December 20**
3-4 p.m.



[Register Here](#)

*Cookie Decorating, and Ice Skating are free and open to **middle and high school students** to attend.*

DirtFish Worksite Tour Recap

Pathways & Cedarcrest High School @ Dirtfish



On Thursday, 10/30 students from the Riverview School District toured DirtFish, the internationally revered Rally School nestled in the foothills of the Cascade Mountain Range in Snoqualmie. These students are a part of Cedarcrest High School's Future Business Leaders of America (FBLA).

FBLA is a Career Technical Student Organization based on helping students gain leadership skills and experience areas of the business world in high school. With these skills, students are able to prepare themselves for their future in higher education or their work field. FBLA also has its own espresso stand, Growling Grounds, that is open before school and gives students the opportunity to gain work experience for their resumes. Tony Kindred, the FBLA Advisor at CHS, made it clear how bright, creative, and determined this team was at the very start of the tour.

The student's questions, ideas, conversations, and active listening throughout the tour and during a DirtFish staff panel quickly proved Mr. Kindred's point. Students also got to connect with Nate Tennis who helped lead the tour, a former CHS student and graduate. Nate is now the Chief Instructor and Program Operations Manager at DirtFish. It is so important for students to be able to see just some of the places they can go, and HOW.

Interested in empowering the next generation of leaders?

[Learn more about Pathways](#)

Contact us

THANK YOU



Special thanks to Administrative Manager Zander Lozano for organizing and making this tour possible.

Some Useful Resources for Today



SAFER
SCHOOLS
TOGETHER

The digital landscape in 2025 looks vastly different than at the turn of the 21st century. It is imperative we inquire about what we need to know as parents/caregivers to protect children and teach them how to responsibly and appropriately utilize technology. **Read the guide by Safer Schools Together.**



The Hopelink Mobile Market distributes food, and everything is free! Access a wide selection of fresh produce, dairy, and breads, as well as frozen foods, and more to choose from. Mobile Market clients can shop two (2) times per month and must be enrolled.



The Snoqualmie Valley Food Bank helps provide a variety of different services. Learn more about their [programs here](#) and there [shopping hours here](#).

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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