

April Recap | May Preview

Newsletter

New Staff, Available Scholarships,
Heart of the Valley Gala, Rise and
Shine Nominations, and more!



We have been busy! Lots of updates below. This is a special Spring Newsletter as we close out April and head into May.

New Team Members at EYN



Our team at Empower Youth Network has grown! Join us in welcoming these three awesome team members: Tara Bergman, Danielle Rank and Ryan Conover!

Tara joins us as the Youth Success Mentoring Senior Coordinator, providing overall program support with a focus on the Riverview School District. Danielle Rank joins us as the Weekend Power Packs Coordinator, helping us ensure youth in the Riverview School District get Power Packs while school is out. Ryan Conover joins us as the Youth Engagement Coordinator, arranging monthly free & fun activities for Snoqualmie Valley youth.

Learn more about Tara, Danielle and Ryan as well as the rest of our staff below!

Meet Our Staff

Scholarship Deadline - Friday, May 15



Do you know a senior in the Riverview or Snoqualmie Valley School Districts searching for scholarships? Share ours with them!

The **Tanner Electric Scholarship** is open to any student pursuing a field in STEM or the trades. The **Sophie Theriault Empower Youth Voice Scholarships** (two awards available) are open to any students that have used their voice and perspective in a way that made (or will make) life better or easier for others.

Unlike mainstream scholarship platforms, our total application pool is usually less than TEN students! The odds when a student applies for the awards above are much higher for that reason. If you have any questions or need any support throughout the process, you can also get in touch with a real human very easily. That human would be Maddy Horn, Pathways to Employment Success Coordinator & the person who runs our scholarships! You can contact her & learn more about how to apply below.

DEADLINE to submit applications is Friday, May 15, 2026.

Learn More About These Scholarships

Contact Maddy

Deadline TODAY!

Submit Your Rise and Shine Nomination



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

Nomination Form (Closes 04/30)

RSVP for the Celebration Breakfast

Last Call to Get Your Gala Tickets!



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

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

Thanks to **Snoqualmie Casino & Hotel**, you can also **book a hotel stay** the night of the gala for **20% off!**

To sign in, click the button below and enter the following information:

Group Code: BKG232

Password: HTV#2026

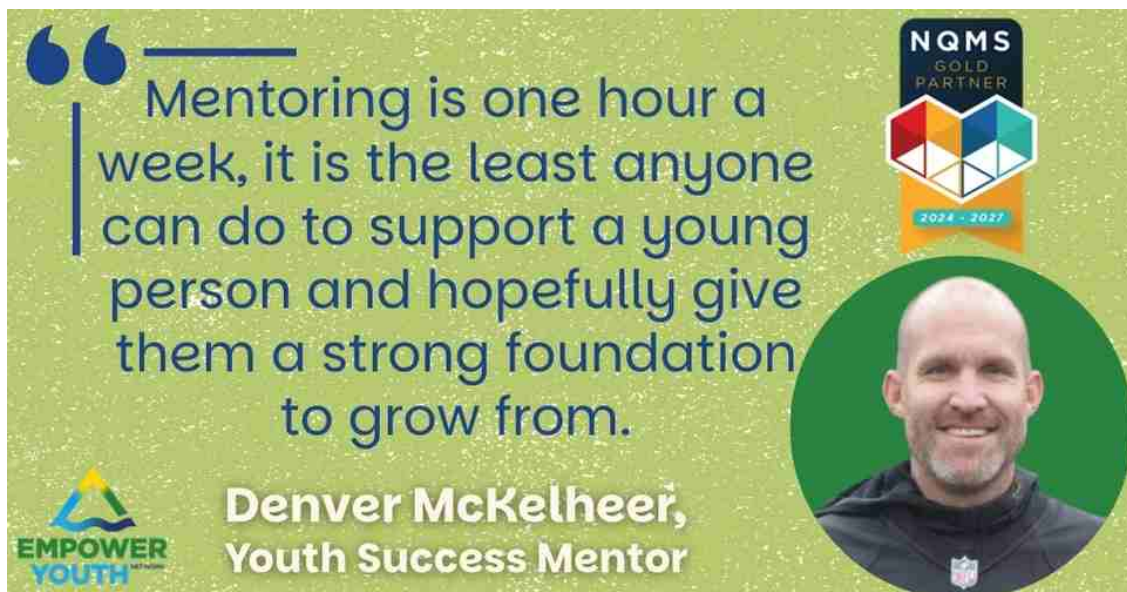
Once signed in, update Arrival & Departure dates to 05/16/2026 - 05/17/2026,
and make your reservation!

THANK YOU  **SNOQUALMIE**
CASINO & HOTEL

Make your hotel reservation.

DON'T MISS EMPOWER YOUTH NETWORK'S
HEART OF THE VALLEY Gala 

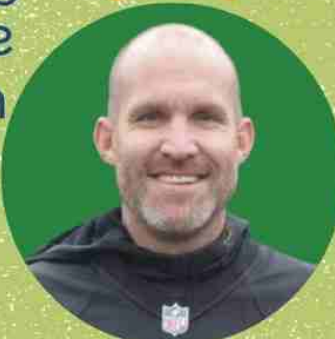
Be a Youth Success Mentor!



“Mentoring is one hour a week, it is the least anyone can do to support a young person and hopefully give them a strong foundation to grow from.”

EMPOWER YOUTH 

Denver McKelheer,
Youth Success Mentor

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.

Our Youth Success Mentoring team provides hands on support to help you succeed to be the best Mentor you can be. It's easier than you might think!

From training, to activity kits and staying in touch with our volunteers, the YSM team has your back.

Learn More About Youth Success Mentoring

Substance Use Prevention Education



This month, we were able to present to 250 high schoolers between Mount Si High School (through the **Your Life Your Choice #YLYC** campaign) and Cedarcrest High School (through the **Be Smart Don't Start #BSDS** campaign) to educate them about how substances affect the brain and why teens are particularly vulnerable to their effects as well as addiction.

We focused on the brain and its automatic responses as well as the choices they can make to help their brains develop in the best possible ways. In a follow up survey, **96% of students said this information would be helpful** to teens their age.

Local and national studies show **MOST students are not using substances**. Studies also consistently show that **talking to teens about the real facts of substances is significantly more effective than scare tactics used in the past**.

The more we talk about substance use and provide facts, the more empowered youth will be to make healthy choices. Check out our Linktree for a quick video on this subject to share with the teens in your life, as well as resources for honest conversations: linktr.ee/eyn_campaigns

Weekend Power Packs Updates



Thank you to **Cedarcrest High School**! During Magnanimous March, the **CHS ASB** led an incredible effort to raise funds for our Weekend Power Packs Program. They raised nearly \$1,500! We are so grateful for this amazing support.

We also would like to extend our heartfelt gratitude to the incredible staff and councilmembers from the **City of Carnation** for their generosity and dedication. Their efforts in packing 385 Weekend Power Packs have made a meaningful impact on Riverview School District students facing food insecurity. Beyond their hands-on support, they have also contributed financially through several grants to this vital program.

Each week, EYN provides approximately 215 Power Packs to students in need, ensuring they have access to nutritious meals.

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

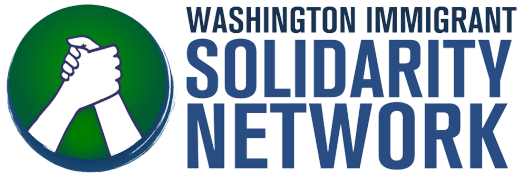
King County Shout Out



A few weeks ago, we had the privilege of meeting some of the staff from the **Office of King County Executive Girmay Zahilay**, Angela Phan and Ken Nsimbi! They stopped by our office and took the time to learn about all of our

programs in great detail. We had a wonderful conversation on how prevention works, why youth and families across Snoqualmie Valley need programming like ours, and planning for the future. Thanks again, Angela and Ken!

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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