October 2026 Newsletter

Strategic Planning Survey, Free Movie for World Kindness Day, Valley Innovation Business Exchange and more!

EMPOWER YOUTH NETWORK

Strategic Planning Survey



Empower Youth Network serves Snoqualmie Valley youth and families, with a focus on youth ages 5-18. Our programs are rooted in prevention, meeting basic needs, developing skills, and building community capacity to build better futures for youth.

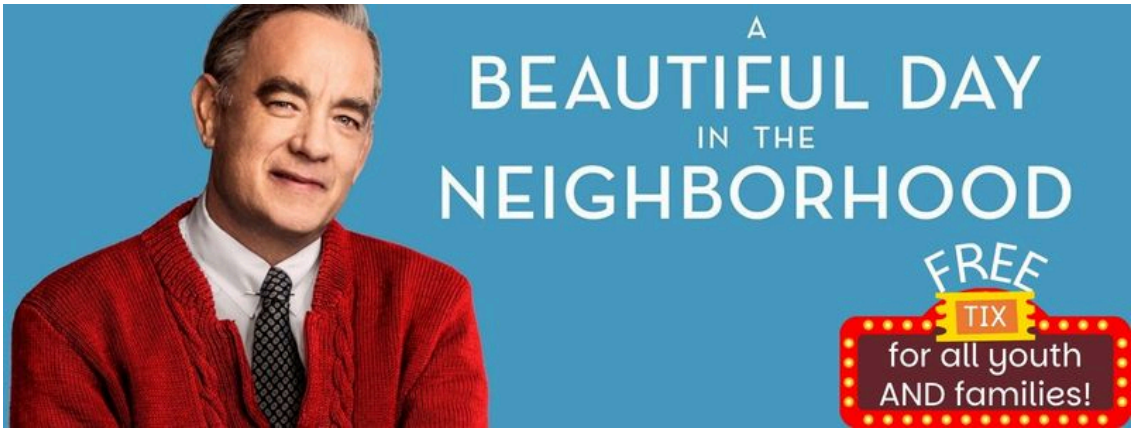
As we plan for the future, your input is critical! Thank you for taking the time to complete this survey. **This survey is anonymous** unless you choose to share your name and contact information.

✅ Take the survey
✅ Forward this email to a friend
✅ Consider this your good deed of the day

🗓️ **Survey closes Tuesday, November 10** 🗓️

Take the Strategic Planning Survey

Free Upcoming Youth Events



World Kindness Day Movie Celebration – *A Beautiful Day in the Neighborhood*

Celebrate and support Kindness this November by joining Empower Youth Network at the **North Bend Theatre** on **Sunday, November 8** from **11 a.m. – 2 p.m.** to watch the movie *A Beautiful Day in the Neighborhood* ! With the motto, "We could all use a little kindness," we are kicking off our Kindness

Celebrations with this timeless story about the iconic Fred Rogers. **This free movie is open to all families.** *Popcorn, soda, and other snacks will be available for purchase.*

Full Event Details & Tickets



VIBE – Valley Innovation Business Exchange

Your ideas could become the next big move for a local business 💡 Join us for the Valley Innovation Business Exchange (VIBE) on **Friday, November 20** from **9 a.m. - 3 p.m.** at **Remlinger Farms**. This opportunity is open to students at Cedarcrest High School, Riverview Learning Center, Mount Si High School, and Two Rivers School.

Connect with local professionals from industries that interest you, pitch your ideas, build real-world skills, and explore what it takes to turn creativity into opportunity.

✅ Transportation & lunch provided
✅ Meet local business leaders
✅ Pitch your ideas to featured businesses (Mambe Waterproof Blankets, Snoqualmie Valley Candle Co., and a third Featured Business will be announced soon!)
✅ Team up with students from your neighboring school district (Riverview or

Snoqualmie Valley)
✅ Have fun building your network

Your ideas. Real businesses. One epic day. Learn more and sign up below.

We are extending the deadline for students in Riverview to Wednesday, 11/04 by 5 PM. We encourage interested students to apply before the extended deadline.

VIBE Student Sign-Up Form

VIBE Volunteer Application

Full Event Details for VIBE

High School Substance Use Prevention Updates



Cedarcrest and Mount Si High Schools have chosen new taglines for their substance use prevention programs! Last school year, we worked with high schoolers to develop taglines that best represented the population in their schools. The co-creation process led to over 20 submissions for new tagline concepts, and was narrowed down to three options for each high school to vote on!

The results through our all-school voting in September are **Stay True, Stay You (CHS)** and **Clear Minds, Good Times (MSHS)**.

In the coming months, we will be visiting the schools to understand the impact of our prevention campaigns on them as well as to solicit opinions about marketing and information they would like to see.

For more information, please visit our substance use prevention page below!

Learn More About EYN's Substance Use Prevention

Become a Youth Success Mentor



If you are looking for a meaningful way to give back without a major time commitment, Youth Success Mentoring might just be the perfect fit for you! With 168 hours in a week, can you free up one of those to be a consistent presence for a student to look forward to? Mentors meet with mentees during the school day once a week for up to an hour, or less!

This volunteer opportunity pairs caring adults with local youth, providing encouragement, guidance, and a positive connection that can make a lasting impact. Just a small investment of your time can help a young person build confidence and succeed. Training, activities, and support from the YSM team provided!

Email **BeAMentor@EmpowerYouthNetwork.org** for more information and apply below!

Save a Life Events Recap











Thank You for Giving a Morning or Night to Save a Life! Especially if you attended multiple events, we noticed!

Thank you to everyone who joined us for Give a Night Save a Life. Your

generosity, compassion, and commitment to local youth made this evening a meaningful success.

We are deeply grateful to our attendees, donors, sponsors, volunteers, and community partners whose contributions make this work possible. Every dollar raised and every conversation shared helps create a stronger safety net for local youth and families.

Thank you for standing with us and helping save lives. We look forward to continuing this important work together and hope to see you at future Empower Youth Network events.

Held in a relaxed and welcoming atmospheres, these events brought together community members, supporters, and champions of youth well-being to learn more about the vital work being done to prevent youth suicide and substance use in our communities. Together, we shared conversations, enjoyed great food and company, and reinforced an important message: prevention takes all of us.

Couldn't make it? Donate today!

Weekend Power Pack Highlights



With an increased need for more Weekend Power Packs this school year, partnering with outside groups has been the key to providing additional food supports for our community. Partnerships with Duvall Random Acts of Kindness with Edward Jones teams, and the Rotary Club of Duvall allowed us to prepare 750 Power Packs throughout this month.

Interested in supporting Weekend Power Packs? Take a look below at how to get involved!

Learn More About Weekend Power Packs

Directly Purchase Items for Power Packs

Just for Joy

Congrats! You have reached the section of our newsletter that we have carved out to spread joy, connection, and our very different but shared experiences as human beings. You deserve a spot in your inbox dedicated to making you feel seen, happy and perhaps a little silly.

Graphic below is by **@oliviaherrickdesign** on Instagram! A great reminder that wonderful things, both big and small, are always around the corner.



Heads up!
E-News is moving to Constant Contact

The next Newsletter you see from Empower Youth Network might look a little different! Our current subscriber list should merge seamlessly with our new platform, Constant Contact, but in the event that you experience technical difficulties please contact Communication Coordinator, Maddy Horn, at **maddy@empoweryouthnetwork.org**.

Parent & Guardian Resources for Today

crisis connections

When you reach out to **Crisis Connections**, you'll find support, not judgement. If you have a lot on your mind and need to talk, someone you care about is experiencing a mental health

emergency, you're a bystander or professional witnessing a crisis, or you're worried about basics like food and shelter.

This resource is Washington state based!

Judgement-free and private. Being a teen can feel like a lot. There's no issue too big or too small: school, friends, family, dating, personal identity, or whatever's on their mind.

Call, text, or chat with **Teen Link** for free seven days a week from 6 - 10 p.m.

This resource is Washington state based!



Empower Youth Network's Family Questions Bingo is available to you through **It Starts With You**, a community campaign encouraging more connection between adults and youth. Talk. Play. Connect.

Download the Bingo Card 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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