

Lots of resources and upcoming activities to check out! Please let me know if you have any questions or I can help support your student and family.

- [Trail Youth Coffee Home](#) is offering Open Art Nights throughout January – March. Opportunity to create whatever you'd like or follow along with the planned project. You can also bring your own projects! Check out their [flyer](#)!
- Trail Youth Coffee Home is also offering meetings for youth struggling with, or concerned about, alcohol or drug use. You can join at any time and meetings are held at Trail Youth Coffee Home: 226 E North Bend Way, North Bend, WA 98045. Check out their [flyer](#)!
- **Registration is open for our Resilience Rising Conference on Friday, March 3, 2023!** Empower Youth Network (EYN) is delighted to present the 3rd annual **Resilience Rising Conference** on Friday, March 3, 2023. This online event will be held from 8 a.m. to 3 p.m. Pacific Time and includes a full agenda of speakers presenting on topics related to building resilience and becoming a trauma-informed community. This free conference is open to everyone, including educators, social service providers, youth mentors, and parents.

The **Resilience Rising Conference** includes Introductory, Advanced, and Wild Card tracks for participants to choose from. Up to five Washington State Approved Clock Hours are available for this event if desired. Most workshops will be recorded and available for viewing by ticket-holders for 3 months following the conference. Topics covered at the **Resilience Rising Conference** include supporting the development of resilience in youth, healing through story-telling, and anti-racism strategies. For a more in-depth look at our developing program tracks, [click here](#).

[Registration](#) is free and funded by a grant from Premera Health. We hope you can join us to learn and grow together!

For questions, please contact Claire Foster at claire@empoweryouthnetwork.com. We hope to see you on March 3rd!

- Brooks Powers Group has a long-standing passion for working with families and school teams who are experiencing significant stress related to children's complex mental health, learning, and behavioral challenges. They are offering a new service of [coordinated care service](#) which provides the opportunity for families to speak with a coordinator and discover what they can do to support their child/family now. They offer sliding scale payment options.
- CarePoint Clinic in Fall City! CarePoint Clinic exists to provide free quality primary healthcare to the Snoqualmie Valley and surrounding areas. They believe every person

is deserving of dignity and their value is not dependent on their story; healthcare is a right, not a privilege; and they hope to empower patients to take ownership of their healthcare. CarePoint offers free healthcare ranging from yearly exams and sports physicals to management of chronic diseases and issues. Check out their flyer in [Spanish](#) and/or [English](#)!

- Dental Health is a vital part of our wellbeing and can have major impacts on numerous areas of health beyond just our teeth and mouth. If you and/or your student need dental care, check out this free dental care offering! [Free Dental Care at Pima Institute in Seattle!](#)
- Lambert House (LGBTQ+ Activity and Resource Center) is starting their NEW Snoqualmie Group Wednesday, 1/25/23. We will mask, and vaccination is encouraged. This group will meet Wednesdays, once a month initially. The group will include discussion, games, activities --it will be a youth-generated agenda. For details please email: onlinegroups@lamberthouse.org.
If youth are interested in helping to run the Snoqualmie group. The application for internships can be found here. <https://www.lamberthouse.org/youth-event-interns>
We have open positions for *2 more youth leads*. Interns receive a \$200 stipend upon successful completion. Youth must be able to commit to attending groups once a month for 6 months, and attending a monthly Zoom planning meeting.
- The Washington State Department of Health is inviting young people living in Washington to apply to become an Adolescent Health Youth Advisory Council member. Council members will serve for about two years starting in 2023 and help the Adolescent and Young Adult Health Unit make key programming decisions. We are looking for young Washingtonians ages 13-22 with internet, social media, and email access. Members will be compensated for their time. Applications selected will center communities most impacted by health care inequities in our state. We especially encourage young people with these lived experiences to apply:
 - Experiencing visible or invisible disabilities
 - Experiences with different systems, including juvenile justice, child protective services, or foster care
 - Experience with behavioral and mental health conditions and treatment
 - Experience with chronic disease conditions and treatment
 - Feeling left out at school or experiencing challenges at school
 - From communities facing economic and/or structural barriers
 - Experience with homelessness or unstable housing
 - Struggles with access to or challenges with health care

We are accepting online applications until January 31, 2023. For more information and [to apply](#), see the attached documents or go to [Youth Engagement and the Youth Advisory Council | WaPortal.org](#). The application and communications materials can be found in additional languages at [Translated materials | WaPortal.org](#)

We are asking our partners to help us get the word out. **Please share with your contacts connected with schools, teachers, youth organizations, and young people in the state. Please feel free to use the attached materials, too.**

If you have questions, please reach out to:

Alexis Bates, Adolescent Health Consultant, at alexis.bates@doh.wa.gov.

Thank you for helping us keep everyone at school healthy!

Rachel Tomczek, RN

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