

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.



The poster for the Teen Art Workshop features the title 'Teen Art Workshop' in a large, green, cursive font at the top. Below the title, the date and time are listed: 'FRIDAY, FEBRUARY 17' and '2 - 4:30 PM'. The location is '15705 MAIN STREET NORTHEAST LOWER SUITE F, DUVALL, WA 98019'. A central message reads: 'FREE TEEN EVENT! AGES 13-18. JOIN US AND PAINT YOUR OWN MIDNIGHT OWL AT THE NORTHWEST ART CENTER'. At the bottom left, there is a small image of a colorful owl and the text 'See you there!'. At the bottom right, there is a QR code. The poster is decorated with various art supplies like paintbrushes, a palette, and a marker.

- [Youth Mental Health First Aid-King County](#)

What is Youth Mental Health First Aid?

Youth Mental Health First Aid is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis. [Read More >>](#)

[Eventbrite Link](#) – click to register! **February 25 from 9:00 AM - 5:00 PM at Empower Youth Network in Carnation**

- Our Aunt Flow dispensers for menstrual products were installed near the beginning of the school year and have been a great success! I have been asked if it's possible to purchase their products for personal use and the answer is YES!! ANYONE can order directly from their website for home use at shop.goauntflow.com. Here are some quick links...
[Dual Display Box](#)
[Applicator Tampons](#)
[Pad Packets & Cartridge Pads](#)
- Beginning in 2022 all schools in Washington state were required to provide menstrual hygiene supplies in bathrooms for student use in grades 6-12th. * Some districts are providing tampon/pad dispensers and some are providing supplies in baskets/bins. We want to find out what your experiences have been like since the schools began implementing this plan. This is an anonymous survey, but we are interested in knowing which school you attend to improve period equity across our state. The survey is being conducted by the Period Peeps, a group of moms and teens who distribute hygiene supplies to schools and food banks. Find out more about us at: https://www.instagram.com/period_peeps/ Thank you for completing the survey. Your voice will lead to better implementation of period

equity in Washington state schools! *RCW 28.A.210.420

<https://forms.gle/SwqbkyKv97Nmc7138>

- Check out these amazing stickers for helping calm anxiety and relieve stress! Calm Strips can help with fidgeting, BFRB (body-focused repetitive behavior), ADHD, ASD, and are for children ages 6 and up. <https://calmstrips.com/>
- [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!

- 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.

Thank you for helping us keep everyone at school healthy!

Rachel Tomczek, RN

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