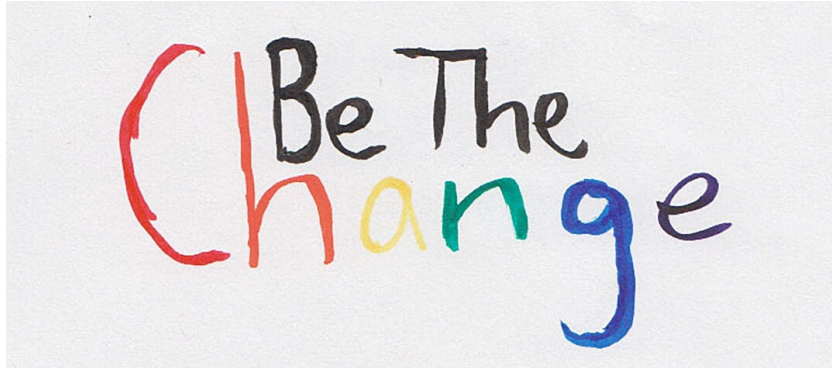


BUILDING BETTER FUTURES FOR YOUTH!

A MONTHLY NEWSLETTER OF
THE SNOQUALMIE VALLEY COMMUNITY NETWORK



JUNE 2020



This year the Be The Change Summit will be a series of virtual events that will explore themes identified by the Riverview Youth Council, such as how to tame stress, avoid toxic relationships, and form meaningful community connections. The series will feature short presentations by special guests followed by a Q&A. Additionally, participants will have an opportunity to sign up for virtual sharing circles and engage in a small-group check-in activity. This event is open to participants age 13 and up!

Thursday July 9th 6:30 - 8:00 pm

Session 1: Anti-Racism, Social Solidarity & Brave Spaces

Featuring: Luis Ortega, storytellers for Change

Virtual Story Circles: What is racism? How can we engage in social solidarity with the Black Lives Matter movement and other social justice efforts? How can we create brave spaces for dialogue?

[Click Here to Register](#)

Thursday July 23rd 6:30 - 8:00 pm

Session 2: Transitions: Celebration, Grief & Healing

Featuring: Luis Ortega, Storytellers for Change

Virtual Story Circles: What has changed in your community? What hasn't changed? What do you need to feel supported in this moment? How can we support each other?

[Click Here to Register](#)

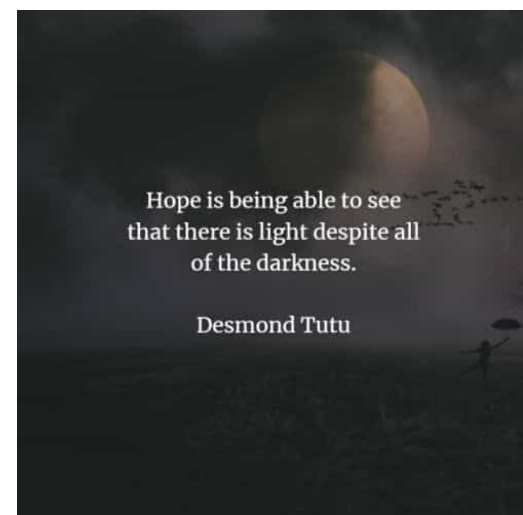
Get Inspired!

In This Issue

BE THE CHANGE
A VIRTUAL SUMMIT
FOR ALL AGES 13+

HOPE VIDEO PROJECT

ARE WE THERE YET?
SUPPORTING TEENS
THROUGH COVID-19





Hope Video Project

*A project of the Snoqualmie Valley
Community Network, Riverview
Resilience and Riverview School District*

What Gives You Hope?

Hope Video Project is a community project to answer the simple question, "What gives you hope?"

This project will be a collection of student and community made videos, photos, and writings to inspire hope and strengthen community cohesion.

The Riverview Resilience (R2) team will be collecting videos and stories over the summer. For more on R2, visit their website at <https://riverviewresilient.org/>

Please watch for the completed project in October!

Are We There Yet?

Supporting your children through Covid-19



Through the Best Starts for Kids TRACE pilot project, the YMCA and Snoqualmie Valley Community Network have partnered with Unified Counseling, LLC to provide 'Parent Support' webinars for supporting families during COVID-19.

The goals of this webinar are to:

- Support Parents and Caregivers navigating COVID-19
- Help normalize and understand emotions and behaviors that may arise
- Discuss practical steps you can take
- Help discern when to seek professional support
- Share resources in Snoqualmie Valley

A conversation about supporting your elementary-aged youth

Tuesday July 7

10:00 - 11:00 am

[Click Here to Register](#)

Tips about how to engage and care for your teen

Tuesday July 14

10:00 - 11:00 am

[Click Here to Register](#)