Fall 2024 Love & Logic

Summer of 2022 kicked off the renewal of our Love & Logic parenting classes after a long hiatus post-COVID. For the last 2 years, we have been able to host Love & Logic classes in both Spring and Fall in English, with a new Spanish class in Spring 2024! For the fall 2024 class, we hosted 19 families, to learn empathy, modeling healthy behavior, and continual learning.

We have found the hosting this 6-class course over a 3-week period, 2 nights a week was more successful and had a larger turn out than hosting 1 night a week for 6 weeks.

Our Fall 2024 class kicked off on Monday, October 21st at Sage Hills Church. We are honored to have this partnership with them and be able to offer FREE childcare.

To get on our Love & Logic call list, please contact our office at 509-662-7201, or send an email with your name, phone number and email address to info@togethercd.org.

How to Beat the Winter Blues

Winter means, for many, increased feelings of depression. As someone who battles this each year, here are 3 things I do to beat the blues.

1.) Keep a gratitude journal: It keeps my spirits up to regularly write down 3 things I am thankful for.

2.) Stay connected with family and friends: I make it a point to spend time with family and friends, strengthening the relationships.

3.) Read a good book: I have a collection of my own, plus a list of suggestions from friends.

Other Ideas:

- Take a Vitamin D Supplement to make up for all the sunshine we are missing!
- Pick up a new hobby. Try learning a new skill or find a new hobby, maybe with a friend!
- Stay active. Go for an afternoon walk, learn yoga, or hit the gym with your favorite playlist.

As always, when you are really feeling down, never hesitate to ask for help. Call a trusted friend or family member, a counselor, church official, or text/call 988. Stay safe and healthy!

~Courtney C.; Administrative Assistant

Wenatchee Alliance for Youth Coalition

This fall, Wenatchee & Eastmont School districts, as well as Cashmere and Cheland School Districts, had the privilege to host an assembly with Ryan Tillman, the founder of @breaking_barriers_united. Ryan spoke to students regarding conflict resolution and de-escalation. He had an amazing message about “meekness is not weakness”, conflict resolution, and leading life with Love, Empathy, and Respect.

Grateful to Ryan for visiting our Wenatchee Valley community and supporting our youth! You rock!

WHAT IF YOU FOUND OUT LIFE'S PURPOSE IS JUST TO BE KIND TO ONE ANOTHER? WHAT WOULD YOU CHANGE?

A Note from Our Executive Director

Together for Youth has had a transformative year and continues to deliver impactful programs for youth and families. Since starting in July, I have been awed by our amazing work and partnerships. We offer parenting classes that teach techniques to develop caring and respectful relationships. We work with schools to offer programs aimed at helping young people make healthy decisions and learn refusal skills. We support peer to peer mentoring and suicide prevention programs in 30 schools across the region. We are working with community leaders and local law enforcement to identify opportunities to mitigate gun violence.

Looking ahead to 2025, we are committed to offering programs and classes that the community wants while working with partners to identify needs then seeking to address those needs. Entering our 33rd year of work, TFY continues to focus on substance prevention but because of community support we have expanded our prevention focus to include suicide and gun violence work as well.

TFY is successful because of our partners and community members who support this work. As we look forward to the holiday seasons and new year, we are truly grateful for all of you!

Sincerely,
Pete Teigen
Executive Director

Give NCW

The Community Foundation of North Central Washington Give NCW event is just around the corner, allowing community members to support local non-profit organizations of their choice.

Together! for Youth engages our community to advance the success of our youth across 4 counties through 3 different programs:

- Substance Use Prevention
- Mental Health Promotion & Youth Suicide Prevention
- Gun Violence Prevention

Please consider supporting the work we do by scanning the QR code and donate directly to Together! for Youth.

Love and Joy

In a world in which we live so divided and broken, let's take a moment to remember the real reason for the season.

Find a way to bless someone during this season of joy and giving. This is not a joyous season for everyone, so one small act of kindness and love could make all the difference.

One thing our family does every year is purchase 2 toys for the Les Schwab Community Toy Drive. We select one boy and one girl off the tree inside Hooked on Toys to bring joy to during the holiday season. What will your act of love & joy be?

~Courtney Culp: Administrative Assistant

HOPE SQUAD

Our NCW Hope Squad Regional Coordinator, Alyssa Polson is making big strides in creating more awareness!

In September, she presented as a Keynote Speaker for a Suicide Prevention Event. September was Suicide Prevention Awareness month, and the event was sponsored by 988 through Canyon View Community Facility.

Her presentation was on QPR (Question, Persuade, Refer) training, giving guests access to tools to know what to do and what to look for when someone is showing signs and symptoms of suicide ideology, as well as sharing some stories as to what some of our region's Hope Squad members have done to help other students.

Social media plays a large role in our society today, making it even more important to take all signs seriously, especially when it is being posted on social media sites. Reporting and telling a trusted adult can save lives.

Way to go Alyssa and all of our region's Hope Squad Members!

In the Works!

Violence Prevention

Get excited, because we have a new program in the making! Together for Youth is currently working on a Gun & Violence Prevention Program, geared towards education on safe gun ownership and how to help prevent gun violence in our communities.

For many in the community Fall is the time to get outside to enjoy nature while bird or big game hunting. Firearms are the preferred hunting method for many of our neighbors and friends, though in the wrong hands' firearms can have devastating impacts on families and communities. TFY is working with partners including law enforcement agencies, local officials, public health practitioners, social service providers, and others to promote safe and responsible ownership and storage and developing strategies to mitigate gun violence. Suicide, brandishing a firearm, armed robbery, assault, or shooting another person are all forms of gun violence. We believe we can have both responsible gun ownership and a community that is free from gun violence. If you are interested in learning more about this work, please reach out to info@togethercd.org to get involved."

"KINDESS IS LIKE THE SNOW. IT BEAUTIFIES EVERYTHING IT COVERS." ~ KAHLIL GIBRAN

Waterville Drug Free Coalition News

Our Waterville Coalition leader, Carrie Van Lith is making things happen for the community of Waterville!

Currently, her coalition is working on their strategic plan for 2025. The strategic plan is a series of programs, events and opportunities designed to bring community awareness to the intentional prevention work that our organization performs for 1 or more years at a time, allowing us to know more about who our target audience is, what their needs are, and how we can best reach them.

Coalition meetings are held on the first Tuesday of every month from 12:15 to 1:15 PM at the Waterville Library.

The BADD Club is underway, and kicked off the month of October with a Prevention Sardines Night. They held training on the use of Narcan and a large outdoor game of hide & go seek with snacks.

She also has her Social Emotional Learning (SEL) kicked off with the Second Step program for elementary kids enrolled in the Waterville School District.

Contact Carrie at 509-860-5153 for any comments, concerns or questions. Your input is welcome!