FEBRUARY/MARCH
20204

Newsletter

EDITION #10

FEBRUARY/MARCH 2024 | TOGETHER! FOR YOUTH | 509-662-7201

Valentine's Day
February 14, 2024

Presidents Day
February 19, 2024

Love & Logic in March!

Love & Logic is coming once again! The 6-course class will be spread out over 3 weeks on Monday and Tuesday evenings. We are also excited to announce that we are partnering with Restore for this class!

Class dates are March 4th, 5th, 11th, 12th, 18th and 19th from 6:00-8:00 PM. Sage Hills Church is hosting for us and offering FREE childcare! Their address is 1601 5th Street in Wenatchee.

QR Codes below for class registration and childcare registration. If you have any questions, please call our office at 509-662-7201.

Stay tuned for a Spanish class, as well!

Registration Code

Childcare Code

CADCA in D.C

Our Wenatchee and Waterville Coalition leaders had the opportunity to attend CADCA (Community Anti-Drug Coalitions of America) training in Washington D.C. at the end of January. Our Waterville Coalition had the privilege of taking a few students with them, allowing them to not only learn, but experience their first flight and tour D.C. after classes.

This what Carrie, our Waterville Coalition Coordinator, had to say about their trip:

"DC has been great this trip. We are staying in the Gaylord National Harbor. This is my second time coming to the CADCA conference. I brought three youth from Waterville High School. They have been fantastic. We took a moonlight monument tour on Tuesday. We made three stops. First we toured Franklin Delanor Roosevelt and MLK. Then we went to the Lincoln Memorial which continues to be my favorite. Then we went to Iwo Jima in Virginia. It was fantastic. The bus driver was born and raised in Virginia so we got to have the local spin on tourist attractions. Wednesday we took the youth to see Representative Dan Newhouse and visited with his aid, Ben. Then we got a personal tour of the Capital building followed by a brief visit with Senator Patty Murray. The restaurants in our area are fabulous. It was so exciting to come back to this special city.

Ways to Spread Love (Without Having a Valentine)

For some, Valentine's Day is a holiday they look forward to celebrating. For others, they simply dread it. So, whether you have a Valentine or not, here are 10 ways you can spread love around your community and within your circle of family and friends.

- Express gratitude
- Smile at strangers
- Ask someone if they need help
- Give genuine compliments
- Donate food, clothing or supplies to local oranizations and non-profits
- Send a friend a text or hand-written note
- Be screen-free during face-to-face time
- Spread good news rather than gossip
- Create cards for residents of nursing and assisted living homes

No matter how you celebrate, have a Happy Valentine's Day!

"FEBRUARY IS THE BORDER BETWEEN WINTER AND SPRING."
~ TERRI GUILLEMETS

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St. Patrick's Day Fun Facts

The 3-leaf Clover was used as a visual guide to describe the Holy Trinity.

Corned Beef & Cabbage was coined by Americans. The traditional Irish dish was Ham & Cabbage.

For more fun facts, visit: https://www.history.com/news/st-patricks-day-facts

St. Patrick's Day
March 17, 2024

Hope Squad Hope Week 2024

Our Hope Squads have been hard at work across the region! many of our Squads have been gearing up and implementing Hope Week, a week designed to spread mental health and suicide preventions awareness. During Hope Week, school have designated days for activities and dress up days incentivized with prices for best dressed! Hope Squad Members also present to classes and assemblies on the importance of suicide prevention. As the Regional Coordinator, I had the opportunity to go to Manson School District to see the Middle School and High School Hope Squads interact with thier peers and serve ice cream floats to each student that came through the lunch line. I asked a few of the Hope Squad Members what their favorite part of being a member is or what they have learned. I was very impressed by their answers. One student in particular said her favorite part was "not only being able to help my peers, but to also get to know the student body of the school and know every student by name."

The Day of Hope is Thursday, February 15, 2024. Day of Hope was officially declared by Utah Governor, Gary Herbert, in 2019 to take place on every 3rd Thursday of February in the state of Utah. This day serves as a celebration of the work Hope Squads are doing across the nation. Day of Hope provides an opportunity to encourage hope on a state and national level, as well as spread the Hope Squad message of suicide prevention through education, training, and peer intervention. Hope Squads across the nation have an opportunity to declare this day within their own cities and communities.

Photos are of our Manson and Pateros squads during their Hope Week!

"I'M A GREAT BELIEVER IN LUCK, AND I FIND THE HARDER I WORK, THE MORE LUCK I HAVE." ~ THOMAS JEFFERSON

March 2nd - World Teen Mental Health Day

The teenage years are some of the most challenging times for both the teen and the adults closest to them. A rush of emotions, hormones and the strong desire to become more and more independent. All of the responsibilities placed on a teen can really affect their mental health.

Here are 4 things you can do to support your teen's mental health (pulled from the Unicef site. Link to direct page with more details below):

1.) Encourage them to talk about their feelings.
2.) Take the time to support them.
3.) Work through conflict together.
4.) Care for yourself.

https://www.unicef.org/parenting/health/four-things-you-can-do-support-your-teens-mental-health

For additional resources on kids, teen and young adult mental health, visit: ***https://www.nami.org/Your-Journey/Kids-Teens-and-Young-Adults***