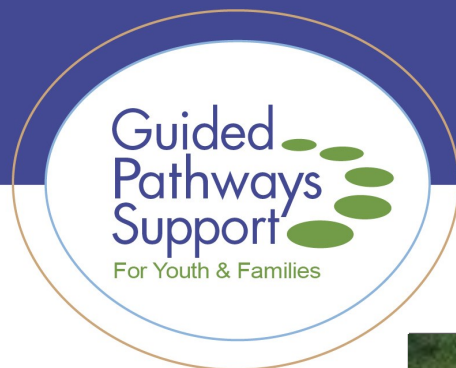


Families helping families in King County



Youth Empowerment Support

For Youth Ages 8-15

This training series is designed to support youth through an exploration and discovery of identity,

goals, emotions and feelings, relationships and empowerment! Youth who complete all four workshops will be entered into a drawing for a \$100 gift card!



Dates and Topics are:

May 10th, 6-7:30pm - Feelings/Emotions & Identity

May 17th, 6-7:30pm, - Healthy & Unhealthy Relationships

May 24th, 6-7:30 pm, - Empowerment

May 31st, 6-7:30 pm, - Goals & Goal Setting

There will be a different topic each date. To get the most out of the training we encourage you to attend all the workshops. Light Refreshments will be provided. The trainings are for youth only, but parents should plan to stay onsite during the event.

Training will be held at:

Seattle Children's Hospital
Main Campus
Ocean Cafeteria
4800 Sand Point Way NE
Seattle, WA 98105

***Please park in Ocean parking and then go in the Ocean entrance. ***

Register at: <https://goo.gl/HV6KJg>

Supported by:



Seattle Children's[®]
HOSPITAL • RESEARCH • FOUNDATION

for more information contact Kate Vilkin at 206-987-2164 or kaitlyn.vilkin@seattlechildrens.org

About the Workshops

The Y.E.S Program is designed as a safe outlet for youth to have discussions and fun, engaging activities while gaining skills and tools for handling thoughts and emotions in an appropriate manner, exploring their identity, navigating peer pressure, and learning about healthy relationships, empowerment, goals / goal settings. The best investment that we can make is investing in our children. Let's catch them and give them support at the stages where we can prevent risks to their health and wellbeing.



Y.E.S. participants will be guided and supported in the development of their social, emotional and mental well-being and in building a strong foundation for health throughout adolescence.

Focuses will include:

- Feelings/Emotions & Identity - Dealing with peer pressure/Coping with anxiety and fearfulness
- Healthy & Unhealthy Relationships - Handling high-risk behaviors such as abusing alcohol or drugs, reckless driving, or sexual promiscuity
- Empowerment - Building supportive, healthy friendship, family interactions
- Goals & Goal Setting - Setting and achieving personal and academic goals

Mission Statement

Y.E.S. empowers and supports youth and young adults ages 11 to 24 years old struggling with behavioral, emotional, mental health and/or substance abuse challenges. YES is dedicated to supporting our youth we serve in exploring, identifying, and underpinning of the struggles they may be experiencing. We strive with excellence on building up our youth and young adults strengths by being strength focused as well as giving and receiving peer support to achieve wellness, recovery, and resiliency.