



# Friends of Youth

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November 2013

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## A New Home & New Hope

Sarah kept running away from home. She would go missing for 2 to 3 weeks at a time, and her parents were beside themselves with worry, particularly after learning that she had been sexually abused twice while on the streets. Sarah's parents called the police to report their daughter missing every time she ran, and tried to get help, but no one seemed to care.

The last time Sarah ran she was gone for three weeks. When she returned home Sarah's parents called Friends of Youth, and our Youth Haven home, for help. We immediately accepted Sarah into our home, where she began to talk to our Master's Level Therapist about why she kept running. She told us that she felt her parents were too controlling, didn't care about her and even blamed her for being sexually assaulted when she was on the run.

Our staff therapist was able to engage Sarah and her family in counseling. After some very difficult conversations, Sarah and her parents started to rebuild their relationship and began to trust each other again. They worked together on a plan for Sarah to return home.

Sarah returned home after a three week stay at Youth Haven. She returned to her high school, obtained a part-time job and has not run away since returning home. Sarah and her parents are continuing family counseling and are steadily improving their relationship and communication.

Recently, Sarah's parents called Youth Haven staff to thank them for all their support and guidance through a time when they felt there was no hope. Thank you for helping us keep our children safe through your donations. Learn more about our Youth Haven program [here](#).

## Help us Fill a Thanksgiving Basket

Help make Thanksgiving a warm and filling season for homeless and foster youth by providing the makings for a traditional Thanksgiving dinner. Our Thanksgiving Basket program provides a holiday meal for all of our homeless youth and foster families. Needed donations include the following items:

- Aluminum roasting pan
- Stuffing mix
- Canned yams
- Canned green beans
- Cream of mushroom soup
- Safeway/QFC/Fred Meyer gift card for perishable items
- Instant potatoes
- Gravy mix
- Pumpkin pie mix
- Pie crust
- Cranberry sauce

Donations can be dropped off at the [Kirkland Youth Service Center](#) between 8:30 AM and 5:00 PM Monday - Friday by November 15. Thank you!

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## Upcoming Events

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### December 3 - #GivingTuesday

#GivingTuesday is a campaign to create a national day of giving at the start of the annual holiday season. It celebrates and encourages charitable activities that support non-profit organizations. We are excited to announce that the Raikes Foundation has pledged to match all new donor gifts to Friends of Youth throughout December. Please get the word out to your friends and family and join us on #GivingTuesday.

### Join Us For Breakfast

Last year, the Youth and Family Services program was able to provide three hours per week of counseling in high schools in the Riverview, Snoqualmie Valley, and Issaquah School Districts. But that was far too little, and the need for services is growing.

Help us support our youth with robust counseling services in these school district communities by attending one of our upcoming community breakfasts:

Snoqualmie Valley School District - Tuesday, November 19, 2013, 7:30 AM at Snoqualmie Elementary

Riverview School District - Wednesday, November 20, 2013, 7:45 AM at the Riverview School District Educational Service Center

Issaquah School District - Tuesday, December 3, 2013, 7:30 AM at the Pickering Barn

[RSVP Today](#)

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## Keep In Touch with Friends of Youth

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With so much happening at Friends of Youth, we have many ways for you to keep up with the latest news:

Sign up for our e-mail list [here](#).

[Mailing list](#) – sign up for our quarterly newsletter

[Blog](#) – get in-depth blog posts delivered directly to your inbox

[Facebook](#) – find us and "like" us

[Twitter](#) – breaking news

[LinkedIn](#) – business news and announcements

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