



Gratitude

Thank you for being a part of building the best possible community for our kids. Each month we will share key updates on the Boise City Initiative; however, if you have a question or a comment to share in the meantime, please do not hesitate to contact us at communities4youth@gmail.com.

Why Social Connection

Social connection is evident in high-quality, deep relationships in which we can be our authentic selves. We know that social connection is a fundamental human need and human beings are biologically wired for social connection. *We also know that lack of social connection is driving depression and suicidal ideation in Boise youth.* It's up to us to build more deep, meaningful connections between our kids and themselves, their peers, and other safe, trusted adults. And we can start today.

Our goal is that if we ask any adult in Boise what they can be doing for kids, they will say "building strong, deep connections." Help us achieve this goal!

Remember, it starts with individuals, but we need this effort to be community-wide. Who can you tell about social connection? Who can you invite? How can you increase social connection across your community? [Check out our Creating Social Connection Tips Page](#) for ways to think about supporting this in your community.

Recap of January 25th Boise Action Team Meeting

A meeting summary from our Action Team meeting on January 25th can be [found here](#). Please fill out the Action Team Homework that can be found [here](#).

Parents, Adults, and Other Community Members

What role can you play in the youth mental health crisis? It may be more simple than you think. Work on connecting the young people in your life to themselves, to other young people, and to safe trusted, adults. [See more information and tips here](#).

Organizational Partners

If you belong to or lead an organization interested in promoting youth well-being, stay tuned for how you can join in the connection campaign with Communities for Youth.

Upcoming Action Team Meetings

We will also be holding another Boise Action Team meeting on **Tuesday, February 13th, 2024** from 5 PM to 6:30 PM at the location of the Library! at Hillcrest (5246 W Overland Rd, Boise, ID 83705). [RSVP HERE](#). Invite your friends!

Well-being. Together.



Our March Boise Action Team meeting will be on **Tuesday, March 12th, 2024** from 5 PM-6 PM at the location of the Library! at Cole & Ustick (7557 W Ustick Rd, Boise, ID 83704). [RSVP HERE](#). Invite your friends!

[What is an Action Team?](#) An Action Team is a group of folks in a community (including parents, grandparents, small business owners, organizational partners, and other community members) who co-create and execute a plan to address the needs of young people. The action team combines data, real-life experiences, and research to create real change.

Additional Resources

We try to provide resources as we can but [Find Help Idaho](#) keeps a full list of Idaho resources up to date. If you need counseling services [BPA Health](#) provides free services to all students located in the Boise Schools and West Ada District (and their families!). They guarantee to meet your needs within 48 hours.

Opportunities to Connect and Support Youth Mental Health

[She/They Free Yoga for Girls at True North Yoga](#)

True North Yoga is holding complimentary yoga classes for 13-15-year-olds on Thursdays from 3:30 PM-4:30 PM. More information can be found on the flyer below.

She/They Free Yoga for Teens
Ages 13-15
Thursdays at 3:30-4:30pm

TRUE NORTH YOGA

Join a complimentary yoga class just for 13-15 year olds who identify as she/they. A safe space to practice yoga, breathing exercises, share and listen. Mats provided.
Please wear comfortable clothing for stretching.
1512 N 10th Street, Near Hyde Park
Register at truenorthyoga.co/workshops

Well-being. Together.



NAMI Smarts Training with the C4Y Teen Action Team

The Teen Action Team, Communities for Youth, and the National Alliance on Mental Illness (NAMI) are partnering to provide an awesome training to prepare folks to become advocates for Mental Health in our community. The training is free and open to all 14+. The event will take place on **February 8th, 2024 from 6 PM–9 PM** at Albertsons Library (1865 W Cesar Chavez Ln, Boise, ID 83725). The program is designed as a 3–hour workshop training covering the following main skills:

- Telling a compelling story that is inspiring and makes an “ask” in 90 seconds
- Writing an effective email, making an elevator speech, and making an impactful phone call
- Orchestrating a successful meeting with an elected official.

[More information on the event can be found here.](#)

[RSVP HERE.](#)

Spread the word

Invite folks to the next action meeting, share our newsletter, follow us on [Facebook](#) or [Instagram](#), and share our "Tips" posts. Let’s get the word out about how we come together to build the best possible community for youth. **Prevention is Possible.**

Items to share with your community:

Option 1: Send a Text or Texts!

Scan the QR code below or text your friends the following message:



Hey! I thought you might be interested in joining me at the next Boise Action Team for Youth Mental Health meeting. Mtg will be Feb 13 from 5–6:30 PM at the Library! @ Hillcrest. You can get more info and RSVP here: <https://www.communitiesforyouth.org/boise>

Well-being. Together.



Option 2: Share the flyer below!



Boise Action Team Meeting:
02.13.24
Library! at Hillcrest
5-6:30 PM

Learn more & RSVP:
communitiesforyouth.org/Boise

Well-being. Together.