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The Fourth Annual Snohomish County Youth and Family Wellness Fair

Reducing the stigma of mental health needs and building resiliency in our community

EVERETT, Wash., March 25, 2019 – Snohomish County today announced the Fourth Annual Youth and Family Wellness Fair will be held in Everett on Saturday, May 4, 2019. Since substance abuse and suicide rates for youth in Snohomish County are among the highest in the state, local and regional partners decided to actively pursue strategies to reverse the trend. They decided that a resource fair was the best way to reach the community and engage youth and families. While treatment and help after traumatic events will always be needed, raising awareness of the critical role mental health well-being plays in prevention is vital for the health of our community.

Youth of all ages, parents, grandparents, caregivers and community members are invited to the 4th Annual Youth and Family Wellness Fair from 10:00 a.m. to 3:00 p.m. on Saturday, **May 4, 2019 at Evergreen Middle School, 7621 Beverly Lane, Everett**. Raffle prizes and free lunch will be provided, along with dozens of workshops and activities throughout the day.

“As a community, we need to overcome the stigma attached to mental health care,” said Liza Patchen-Short, children’s mental health liaison for Snohomish County Human Services and event manager. “Our goal was to create an event where families and kids could build on the strengths they already have, learn new skills for developing resiliency, and access whatever resources they need to improve mental wellbeing.”

Highlights of the event include:

- Drop-in workshops with speakers on: parenting for all stages; early learning activities; suicide prevention; bullying; LGBTQ issues; depression and anxiety; trauma; and much more.
- More than 60 vendor/resource tables.
- Children’s entertainer Eric Ode at 10:00 a.m.
- Son of the Reptile Man at 1:00 p.m.
- Dental vans, manicures, pedicures, and haircuts.
- Free lunch, games, crafts and family photos.

The free event is hosted by Snohomish County Human Services Department in partnership with Coordinated Care, United Way, Molina, Everett Transit, Amerigroup, City of Everett, and WSECU

For a detailed schedule of events and list of vendors, visit

<http://www.snohomishcountywa.gov/3608/Children-Youth-Mental-Wellness-Fair>.

The **Snohomish County Human Services Department** helps all persons meet their basic needs and develop their potential by providing timely, effective human services and building community. The Behavioral Health and Veterans Services Division administers a wide range of programs that provide assistance to some of the most vulnerable members of our community.

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