



# TRIUMPH TEEN LIFE CENTER

## MARCH NEWS & UPDATES



### March At-A-Glance

Triumph is the place to be for Mount Vernon teens. Our community's emerging leaders and young visionaries know they can count on our afterschool space for opportunities to learn, create, thrive, and be inspired.

This month, we are supporting teens through our usual recreational and professional development programming, but are also rolling out new programs for our teens and Triumph families, including a new Food Pantry, Mental Health Workshop, and Community Garden!



### Join the Triumph Family

Triumph is open Monday, Wednesday, and Friday from 2:00–5:00 PM. All teens ages 13–18 are welcome. To register your teen for our afterschool program, email our team at [triumphcenter@gmail.com](mailto:triumphcenter@gmail.com). Registration is always free.

# NEW STUDENT AND FAMILY PROGRAMMING

## Mental Health Workshop

On MARCH 25, we are hosting a mental health workshop during Café con Pan to educate families and students on depression and anxiety. Join our workshop and gain the necessary tools and resources to help yourself or someone in your life who is struggling with their mental health.

To sign up, see our Workshops/Events calendar on our website.

## Feeding Families

Our February Food Pantry was an enormous success, with over 100 families now enrolled in our new Food Pantry program. Our gratitude goes out to Food Lifeline for helping us get our program up and running.

Our next food pantry is Saturday, MARCH 25, during Café con Pan. While we are not currently enrolling more families, we encourage families to check back in May to join our Food Pantry program.



## Letting it Grow! Triumph's New Community Garden

We are excited to announce the installation of our new educational garden. With the help of our incredible students, garden boxes were installed at Triumph and in a few short weeks, once planting season arrives and the warm weather returns, our students will have the opportunity to learn how to garden. What's even more exciting? We'll also be able to eat the foods that we grow together! All extra food collected from our garden will be included in our monthly Food Pantry.



# MEET OUR NEW COACHES AND VOLUNTEERS!

## Christian "Dank" Zavala

### Music Coach

Cristian Zavala, also known as "Dank Zavala," is now the music coach for Triumph!

Born and raised in Mount Vernon, Cristian discovered his passion for music at 15. He has since gone on to produce his own music as well as the music of other local artists.



## Veronica Sanchez

### Mixteco Communications Coordinator

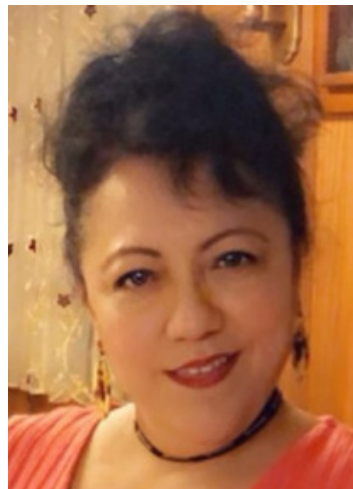
Veronica has lived in Skagit County for as long as she can remember and is thrilled to be joining Triumph as our new Mixteco Communications Coordinator. What makes Veronica truly happy is spending time with friends and family, and making a difference in her community.



## Amparo Rebollar Corza

### Event Coordinator

Amparo has lived in Washington for 23 years now with her husband and two children. She has volunteered at many schools, churches, and the domestic violence team in Mount Vernon. She loves to dance, sing, and cook, but most importantly, she loves helping others in service to her community.



## HOW YOU CAN SHOW YOUR SUPPORT FOR TRIUMPH

Become a Triumph Coach or Volunteer! Reach out at [triumphcenter@gmail.com](mailto:triumphcenter@gmail.com) for more information regarding employment and volunteer opportunities.

To make a donation in support of all the amazing things happening at Triumph, visit us at [triumphcenter.org/mission](http://triumphcenter.org/mission).

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