

Special Olympics Strong Minds



Volunteer Opportunity!

2025 Sub-Regional Competition

Where: Marysville Pilchuck High School
5611 108th St NE,
Marysville, WA 98271

When: Saturday, January 25th
11:00pm - 5:30pm
(Screenings from 12-5pm)



Competition provides a natural opportunity to develop active strategies for maintaining emotional wellness under stress, such as: thinking positive thoughts, releasing stress and connecting with others. Athletes learn about and try a few different active coping strategies as they move through the stations. Before exiting, athletes identify the strategies they like best and volunteers provide them with visual reminders to use these tools in competition and in daily life.

Clinical Volunteers: Social Workers, Psychiatrists, or Psychologists will evaluate athletes' coping skills and lead interactive activities and conversations about stress, coping, and emotional wellness.

Wellness Volunteers: Professionals with wellness experience will assist with evaluating athletes' coping skills and leading interactive activities and conversations about emotional wellbeing.

If you are interested in volunteering at Special Olympics Washington's Strong Minds screening, **sign up here:**

This is a **NEW** registration portal. Even if you have volunteered before, you will need to make a new account before selecting your event.



For more information, contact:
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