



FAMILY EDUCATION & SUPPORT SERVICES

KINSHIP NEWSLETTER

JANUARY

2023

T h u r s t o n • L e w i s • M a s o n C o u n t i e s

Kinship Zoom Group Meetings

Wednesdays:
6:30-8:00pm

Contact

Trista@familyess.org

for signup information

<https://www.nwtrek.org/wild-access/>



ELIGIBLE PROGRAMS:

EBT/Washington Quest, P-EBT (Pandemic EBT), WIC nutrition program, Foster parenting & kinship care

Wild Access discounts cannot be combined with other offers or promotions. Photo ID and documentation must be presented at our front gate to purchase Wild Access daytime admission tickets and memberships

If you have a Washington photo ID and any documentation showing that you participate in any of the programs below, you are eligible to receive the discounted admission or membership.

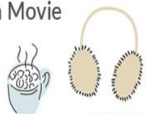
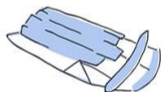
Discounted Daytime Tickets: Up to 6 daytime admission tickets for \$5 each for the adult receiving the benefit and their legal dependents(aged 3-18).

Discounted Membership: An annual household membership for \$40. This household membership covers 2 named adults and all legal dependents ages 3-18. Children 2 and under are always free.



Snow Day Activities for kids

- ☐ Build a Snowman
- ☐ Make Snow Ice Cream
- ☐ Paint the Snow
- ☐ Make Snow Angels
- ☐ Make Maple Snow Candy
- ☐ Snowball Fight
- ☐ Read a Winter Story
- ☐ Bake Cookies
- ☐ Drink Hot Chocolate
- ☐ Cut out Paper Snowflakes
- ☐ Play a Card Game
- ☐ Create a Sock Snowman
- ☐ Build a Fort
- ☐ Scavenger Hunt
- ☐ Cuddle & Watch a Movie
- ☐ Make Snow Slime
- ☐ Play a Board Game
- ☐ Have a Dance Party
- ☐ Go Sledding
- ☐ Make Marshmallow Snowflakes



www.4theloveoffoodblog.com



FREE

Woodland Park Zoo
Tickets

Good through
January 31,
2023

Contact:
Trista@familyess.org

THURSTON

FESS
FAMILY EDUCATION & SUPPORT SERVICES

FREE GUIDING GOOD CHOICES PARENTING TOGETHER SERIES
YMCA - OLYMPIA

Weekly Gatherings
January 5 - February 9, 2023
Thursdays
5:30 - 7:30 PM

Location:
Briggs YMCA
1530 Yelm Hwy SE, Olympia 98501
Virtual option available upon request

Join us for a nationally-recognized, evidence-based parenting workshop series. Topics include positive discipline tools, communication skills, child development and stress/anger management. Each of the sessions includes a FREE MEAL, childcare and take home practices that can be applied immediately.

FREE FAMILY MEAL, CHILDCARE & DOOR PRIZES!

MEET & CONNECT WITH OTHER PARENTS

LEARN PRACTICAL TOOLS, TIPS, STRATEGIES

For more information or to register:
www.familyess.org or
call (360) 754-7629

Family Education & Support Services is an equal opportunity employer and does not discriminate on the basis of race, gender, or ethnicity. CDS-09040122

SAFE CHILDREN | STRONG FAMILIES | HEALTHY COMMUNITIES



<https://pugetsoundestuarium.org/events/orca-free-day-581/>

DATE	LOCATION	TIME
Jan 29 2023	Puget Sound Estuarium 309 State NE Olympia, WA 98501	11:00 am - 4:00 pm

Free Admission Day: Orca Odyssey Exhibit

Admission to the Estuarium will be free all day! Come to the Estuarium to learn all about the orcas that share the waters of the Puget Sound.

The exhibit will consist of photos and information about the southern resident orcas. You will learn their history in this area and the survival challenges they face. We will have samples of real marine mammal pelts and a harbor porpoise skeleton to examine while we discuss the life of an orca in these waters. There will even be marine mammal themed games and prizes!

The Estuarium's Orca Odyssey Exhibit is a traveling exhibit based on the book "Orca: Shared Waters, Shared Home" written by Lynda V. Maples. This book will be for sale at the Estuarium as well! Every weekend in October, November, December, and January there will be orca-centric education at the Estuarium.

This is a free event that is open to the public. Masks are highly recommended, and COVID-19 protocols will be in effect.

FESS
FAMILY EDUCATION & SUPPORT SERVICES

FREE GUIDING GOOD CHOICES PARENTING TOGETHER SERIES
YMCA - SHELTON

Weekly Gatherings
January 4 - February 8, 2023
Wednesdays
5:30 - 7:30 PM

Location:
Shelton YMCA
3101 North Shelton Springs Road
Shelton, WA 98584
Virtual option available upon request

Join us for a nationally-recognized, evidence-based parenting workshop series. Topics include positive discipline tools, communication skills, child development and stress/anger management. Each of the sessions includes a FREE MEAL, childcare and take home practices that can be applied immediately.

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SAFE CHILDREN | STRONG FAMILIES | HEALTHY COMMUNITIES

MASON

Family Education & Support Services

SUICIDE PREVENTION Certification Course

Ask a question, save a life!

Question Persuade Refer
Three steps anyone can learn to prevent suicide

We can all save lives
QPR is a 90 minute evidence-based training providing practical and proven suicide prevention strategies for work, school, at home and in your community.

What to Expect
Through presentation, videos and practice, you will be able to respond confidently to emergency situations. Skills and topics include:

- Recognizing Risk Factors & Warning Signs of Suicide
- Understanding the Myths & Facts of Suicide
- Question - Learn How to (and not to) Ask About Suicide
- Persuade - Learn How to Influence a Person to Seek Ongoing Help
- Refer - Learn How to Refer and Support a Person to Resources

Upon completion you will receive a certificate of completion which is good for three (3) years.

SIGN UP TODAY!
QPR Suicide Prevention Certification Course

For class information & to register visit:
Familyess.org/qpr
or call (360) 754-7629

SCAN ME

Thank you to our Sponsors:
FESS QPR

Family Education & Support Services is an equal opportunity employer and service provider and does not discriminate.

facebook

Find Us on Facebook



EPIC CORNHOLE CHALLENGE

JANUARY, 28 2023

REGISTRATION:

TEAM OF 2: \$100

(INCLUDES ONE DRINK TICKET PER PERSON & MUNCHIES)

SPECTATOR: \$25

(INCLUDES ONE DRINK TICKET & MUNCHIES)

Warm-up with a night out and enjoy some friendly competition with Family Education & Support Services!

Epic Cornhole Challenge!

Challenge another team, win prizes and warm-up this winter as you play with a purpose!

SCAN THE QR CODE TO SAVE YOUR SPOT!



www.parentalcompass.org