



Relatively Speaking

A Newsletter for the Kinship Caregiver Support Program
of Spokane County

Positive Things to Say to Your Child

Words are powerful. You never know the words that will positively impact the lives of the children in your life and impact them for years to come. ENJOY!

You are loved.
I think about you when we're apart.
My world is better with you in it.
I will do my best to keep you safe.
Sometimes I will say no.
I have faith in you.
I know you can handle it.
You are creative.
Trust your instincts.
Your ideas are worthwhile.
You are capable.
You are deserving.
You are strong.
You can say no.
Your choices matter.
You make a difference.
Your words are powerful.
Your actions are powerful.
Your emotions may be powerful.
And you can still choose your actions.
You are more than your emotions.
You are a good friend.
You are kind.
Someone else's poor behavior is not an excuse for your own.
You are imperfect. So am I.
You can change your mind.
You can learn from your mistakes.
You can ask for help.
You are learning.
You are growing.



Growing is hard work.
I believe you.
I believe in you.
You are valuable.
You are interesting.
You are beautiful.
When you make a mistake you are *still* beautiful.
Your body is your own.
You have say over your body.
You are important.
Your ideas matter.
You are able to do work that matters.
I see you working and learning every day.
You make a difference in my life.
I am curious what you think.
How did you do that?
Your ideas are interesting.
You've made me think of things in a completely new way.
I'm excited to see what you do.
Thanks for helping me.
Thank you for contributing to our family.
I enjoy your company.
It's fun to do things with you.
I'm glad you're here.
I'm happy to talk with you.
I'm ready to listen.
I'm listening.
I'm proud of you.
I'm grateful you're in my life.
You make me smile.
I love you.



The Spokane Public School announces 2018 Summer Meals Program for children.

Hunger doesn't stop when school's not in session. But thanks to the Summer Meals Program, students who rely on school meals can continue receiving nutritious breakfasts and lunches through the summer.

The Summer Meals Program is a federally funded child nutrition program created to ensure that children in low-income areas can continue to receive nutritious meals during long school vacations. The meals are available to all children 18 years and younger. There is no registration or fee. Children may come all or any days they wish.

Parents are encouraged to come with their children, but are asked to bring their own meal.

Site Name	Feeding Location	Start Date	End Date	Service Days	Serving Times			
					Breakfast		Lunch	
Adams Elementary	2909 E 37th	6/18	to 8/9	M-TH	None	to	None	12:00 PM to 12:30 PM
Airway Heights Com.Center	13120 W. 136th Ave	6/18	to 8/17	M-F	8:00 AM	to	8:30 AM	11:30 AM to 12:00 PM
* American Indian Community Center	610 E North Foothills	6/18	to 8/17	M-F	9:00 AM	to	9:30 AM	12:00 PM to 12:30 PM
Browne Elementary	5102 N Driscoll	7/9	to 8/9	M-Th	8:00 AM	to	8:30 AM	11:30 AM to 12:00 PM
Chase Middle School	4747 E. 37th	7/9	to 8/17	M-F	8:00 AM	to	9:00 AM	11:30 AM to 12:30 PM
Cooper Elementary	3200 N. Ferrall Street	6/18	to 8/17	M-Th	None	to	None	11:30 AM to 12:00 PM
Eagle Peak	6903 E 4th	6/22	to 7/3	M-F	8:00 AM		8:30 AM	12:00 PM to 12:30 PM
East Central Community Center	500 S. Stone	6/25	to 8/17	M-F	8:30 AM	to	9:00 AM	12:00 PM to 12:30 PM
Emmanuel Family Life Center	645 S Richard Allen Ct	6/18	to 8/3	M-F	9:00 AM	to	9:30 AM	12:00 PM to 12:45 PM
Ferris High School	3020 E 37th	6/18	to 7/3	M-F	7:30 AM	to	8:00 AM	12:00 PM to 12:30 PM
Finch Elementary	3717 N Milton	6/19	to 8/17	M-F	8:30 AM	to	9:00 AM	11:45 AM to 12:30 PM
Frontier Behavioral Health	S. 131 Division	6/19	to 8/16	T-W-Th	8:45 AM	to	9:15 AM	11:45 AM to 1:00 PM
Galena Apartments	13633 W 6th Ave	6/18	to 8/17	M-F	None	to	None	12:00 PM to 1:00 PM
Garry Middle School	725 E. Joseph	6/18	to 8/17	M-F	8:00 AM	to	8:30 AM	12:00 PM to 12:30 PM
Girl Scouts	1404 N. Ash	6/18	to 8/17	M-F	None	to	None	12:00 PM to 12:30 PM
Glover Middle School	2404 W. Longfellow	7/9	to 8/2	M-TH	8:00 AM	to	8:30 AM	11:30 AM to 12:00 PM
Grant Elementary	1300 E. 9th	7/9	to 8/9	M-TH	8:00 AM	to	8:30 AM	11:30 AM to 12:00 PM
Holmes Elementary	2600 W. Sharp	6/18	to 8/17	M-F	9:00 AM	to	9:30 AM	12:00 PM to 1:00 PM
Lewis & Clark HS	521 W. 4th	6/18	to 7/3	M-F	7:30 AM	to	8:00 AM	12:00 PM to 12:30 PM
*** Liberty Park Com Center	1417 E. Harrison	6/25	to 8/16	M-Th	None	to	None	11:30 AM to 12:30 PM
Lidgerwood Elementary	5510 N Lidgerwood	6/18	to 8/17	M-F	9:00 AM	to	9:30 AM	12:15 PM to 12:45 PM
Lincoln Heights	3322 E 22nd	6/19	to 8/17	M-F	8:30 AM	to	9:30 AM	11:45 AM to 12:30 PM
Logan Elementary	1001 E. Montgomery	6/18	to 8/17	M-F	9:00 AM	to	9:30 AM	12:35 PM to 1:05 PM
Martin L. King Cen.	S. 845 Sherman Ave.	6/25	to 8/17	M-F	8:30 AM	to	9:00 AM	12:00 PM to 12:30 PM
Minihaha	5495 E Upriver Dr	8/6	to 8/17	M-F	8:30 AM	to	9:00 AM	12:00 PM to 12:30 PM
** NEWTECH Skill Center	4141 N. Regal	6/18	to 7/11	M-F	7:00 AM	to	8:00 AM	11:30 AM to 12:00 PM
Pine Rock Apartments	3211 E 55th Ave	7/9	to 8/17	M-F	None	to	None	12:00 PM to 1:00 PM
North Central HS	1600 N. Howard	6/18	to 8/17	M-F	7:40 AM	to	8:10 AM	11:45 AM to 12:15 PM
Regal Elementary	2707 E Rich	6/18	to 8/17	M-F	8:00 AM	to	8:30 AM	11:30 AM to 12:00 PM
Rogers High School	1622 E. Wellesley	6/18	to 8/16	M-F	7:15 AM	to	8:00 AM	11:00 AM to 12:30 PM
Salk Middle School	6411 N Alberta St	6/18	to 8/3	M-F	8:00 AM	to	9:00 AM	11:30 AM to 12:30 PM
Shadle Park High School	4327 N Ash	6/19	to 7/13	M-F	7:25 AM	to	7:55 AM	11:45 AM to 12:15 PM
Shaw Middle School	4106 N. Cook	6/18	to 8/17	M-F	8:00 AM	to	9:00 AM	11:30 AM to 12:30 PM
Shiloh Hills	13120 N Pittsburg	7/9	to 7/26	M-Th	8:00 AM	to	8:30 AM	11:00 AM to 11:30 AM
Spokane County Library	44 E Hawthorne	6/18	to 8/17	M-F	None	to	None	11:30 AM to 12:00 PM
Spokane Montessori	1300 W Knox	6/19	to 8/17	M-F	8:00 AM	to	8:30 AM	11:30 AM to 12:00 PM
Youth for Christ Ash	1309 N. Ash	6/20	to 8/8	W	None	to	None	11:30 AM to 12:00 PM
Youth for Christ Market	4603 N Market	7/9	to 8/10	T/W	None	to	None	12:00 PM to 1:00 PM
Stevens Elementary	1717 E. Sinto	6/18	to 8/17	M-F	8:00 AM	to	8:30 AM	12:15 PM to 12:45 PM
SW Spokane Community Center	310 S Spruce	6/18	to 8/17	M-F	8:30 AM	to	9:30 AM	12:00 PM to 1:00 PM
Underhill park	2117 E Harrison	6/18	to 8/9	M-Th	8:30 AM	to	9:00 AM	11:30 AM to 12:00 PM
West Central Com. Center	1603 N. Belt	6/18	to 8/17	M-F	9:15 AM	to	9:45 AM	12:15 PM to 12:45 PM
YMCA North	10727 N. Newport Hwy	6/18	to 8/17	M-F	8:30 AM	to	9:00 AM	11:45 AM to 12:15 PM

Pepperoni Pizza Wrap

When it's hot outside, who wants to cook in the oven? Thanks to **Hungry Girl** for this healthy recipe!

Ingredients

- 1 stick light string cheese
- 1 medium-large high-fiber flour tortilla with about 110 calories
- 2 tablespoons pizza sauce
- Dash Italian seasoning
- Dash garlic powder
- Dash onion powder
- 1/4 cup chopped spinach leaves
- 1/4 cup canned stewed tomatoes, roughly chopped, patted dry
- 1 teaspoon reduced-fat Parmesan-style grated topping
- 6 pieces turkey pepperoni, chopped

Directions

Set toaster oven to highest setting.

Break string cheese into thirds and put in a blender or food processor-blend at high speed until cheese takes on a shredded or grated consistency. (Or just tear string cheese into pieces and roughly chop.) Set aside.

Place tortilla on a microwave-safe plate and microwave for 10 seconds, or until just warm. Evenly spread sauce onto the center of the tortilla, and sprinkle with a dash of each of the spices. Top with spinach, stewed tomatoes, Parm-style topping, chopped turkey pepperoni, and shredded/grated string cheese.

Wrap tortilla up like a burrito, folding the sides in first, and then rolling it up from the bottom. Place wrap on a microwave-safe plate, seam side down, and warm in the microwave for 30 seconds.

Transfer wrap to the toaster oven and cook until hot on the inside and slightly crisp on the outside, about 3 minutes. Dig in!

Kinship Program Seattle Activity Passes

Planning a trip to Seattle? Your Kinship Navigator has access to some awesome family activities. For more information, please contact the Kinship Navigator at 509-458-7450, option 4.

Seattle Aquarium

Great news! Foster parents and relative/kinship caregivers can now enjoy free admission to the Seattle Aquarium. Come experience the wonders of Puget Sound and the ocean. Discover playful sea otters, graceful octopuses, luminous moon jellies and more. Be amazed by Window on Washington Waters, a 120,000-gallon exhibit with daily diver shows. Touch live sea creatures in the tide pools. Immerse yourself in the Underwater Dome's 360° view, or take a virtual trip to the tropics in the Pacific Coral Reef exhibit.

Relative/Kinship caregivers, who have full time custody of relative children, should contact their Kinship Navigator or one of the Kinship Caregiver Support Programs in Washington to obtain the necessary identification card.

Woodland Park Zoo

A limited number of free zoo tickets (for a one-time visit) are now available to grandparents and relatives who are raising children. The tickets are made possible through the generous **Zoo Community Access Program (CAP)**. This program is dedicated to making the zoo more accessible to low-income and underserved families in our communities. The kinship care household members are eligible for the free tickets.

Should you want to say thank you to the Woodland Park Zoo for their generous zoo pass donations, please send your comments to the Zoo Community Access Program at CAP@zoo.org. If you can also forward your comments back to the kinship care program, we would appreciate it.



YOUTH ACCESS MEMBERSHIP

A one-year Membership to Pacific Science Center for foster and homeless youth age 14 to 21 and out-of-home caregivers of children under the age of 14.

BENEFITS INCLUDE:

- Unlimited admission to our permanent exhibits for named youth/caregiver as well as up to two unnamed adults and up to six unnamed youth per visit.
- Free Admission to planetarium and matinee laser shows.
- 15 free documentary IMAX® movie passes.
- Discounts on feature-length IMAX movies.
- Free or discounted admission to special exhibitions.
- And much more!

Youth under the age of 14 must be accompanied by an adult when visiting the Science Center.

WHO IS ELIGIBLE?

- Any homeless youth age 14 to 21.
- Any caregiver of a homeless youth under the age of 14.
- Any youth, age 14 to 21, currently in a dependency action in a Washington State or Tribal Court, in the care and custody of the Department of Social and Health Services or Tribal Child Welfare agency, and in foster care.
- Any foster parent or relative caregiver providing care for a child under the age of 14, through a dependency action in a Washington State or Tribal Court, in the care and custody of the Department of Social and Health Services or Tribal Child Welfare agency.
- Any youth 14 to 21 being raised by a relative or kinship caregiver who lives in Washington State.
- Any Relative/Kinship caregiver living in Washington State raising children under the age of 14, and is served through a Washington Kinship Navigator Support Program, or is a member of a Washington state federally recognized tribe.

HOW DO I SIGN UP?

Call (206) 443-2924, email membership@pacsci.org, or visit the Science Center to learn more or sign up. Our office hours are 10 a.m. – 5 p.m. Monday-Friday and 10 a.m. – 6 p.m. weekends and holidays.



pacsci.org

Pacific Science Center ignites curiosity in every child and fuels a passion for discovery, experimentation, and critical thinking in all of us.
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Working Connections Child Care

Working Connections Child Care (WCCC) helps families with low incomes pay for child care while they work or meet WorkFirst participation requirements.

What are the basic eligibility requirements for WCCC?

- The child must be an U.S. citizen or legal resident.
- The family must live in Washington State.
- Family income must be at or below 200% FPL.
- The parent must be employed or self-employed in legal, income-generating, taxable activities; or the parent must meet all TANF/WorkFirst requirements when taking part in that program.
- The parent must complete the WCCC application and verification process through DSHS.



How do families apply for WCCC?

Contact the DSHS Customer Service Call Center at 1.877.501.2233 or apply online at:

<https://www.washingtonconnection.org/>

Is there a WCCC Wait List?

When WCCC reaches the legislated program limit, a wait list to receive benefits is activated. Families meeting special priority status are exempt from the wait list. They include:

- Families receiving Temporary Assistance for Needy Families (TANF) benefits. This includes families "curing a sanction" and child-only TANF cases.
- Income-eligible families who have a child with special needs.
- Teen parents who do not live with a parent or guardian and attend high school full-time. The high school must offer on-site child care.

All other eligible families will receive child care benefits on a "first come, first served" basis until the program reaches a set limit. DSHS keeps a waiting list of families who apply.

What do I do after I get notified from DSHS telling me there is space available in WCCC?

The only way DSHS will contact you is by mail, so make sure to tell DSHS right away if your mailing address changes. Call them at: 1-877-501-2233.

- You must contact DSHS within 10 days from the date of the letter, or you will lose your spot on the wait list. The letter will specify your options for contacting DSHS.
- If you lose your spot, you can re-apply for WCCC benefits.
- You will receive a new spot on the wait list in the order your new application was received.

What's the most important thing for me to remember?

If you currently receive WCCC benefits, you may be eligible to continue receiving benefits providing you do not have a break in your certification period.

This means that if you miss reapplication/reporting/verification deadlines, you may be terminated from the program. If you reapply, you must meet all eligibility requirements, including priority status.

Resource Information!

WEST CENTRAL FRESH MARKET

FREE



Wednesdays 5 to 7 pm
August 23rd - September 27th
Our Place Community Ministries
1509 W. College 99201 (Corner of College & Walnut)
Open to All



Looking for food resources? Folks in any zip code can access the Food Pantry once a week!

Hours of Operation:

Monday thru Friday 10am to 4:30pm

Closed on TUESDAY

500 South Stone, Spokane

You are invited
to our 8th Annual
School Shoes for Kids
Shoe Distribution
Friday, August 17 - 12pm-7pm
Saturday, August 18 - 10am-2pm
1906 E. Mission - Spokane

Bring your children to get a new pair of shoes & socks before they go back to school. Age's K-8th grade. Please bring ID & accompany your child. Children must attend to be fitted.



If you would like to donate, volunteer or want more information, please visit our website: www.4mission.org



Mission Community Outreach Center
Reaching Out With Care

1906 E. Mission Ave. | Spokane
509.536.1084 | www.4mission.org

Backpacks For Kids DISTRIBUTION

August 15, 2018 8am to 6pm



Thanks to our generous sponsor, Cenex Zip Trip and Banner Bank, The Salvation Army of Spokane will distribute new backpacks and school supplies as well as offer a Community Resource Fair to local students on Wednesday, August 15, 2018, from 8am to 6pm. All backpacks and supplies are distributed according to student grade level (K through 12), on a first-come, first-served basis while supplies last. Backpacks and supplies are distributed to parents or guardians, and the following materials are required for participation:

1. Photo identification for parent or guardian.
2. Proof of children living in your household (School Registration, DSHS statement, ID card for each student, Medical Cards, & etc).



222 E. Indiana Ave. Spokane (509) 325-6810

This is not an activity of the school or school district. Distribution of this material and the use of district facilities does not constitute an endorsement or sponsorship for the event/information by the school or the district.

Join us for the 24th Annual

UNITY in the COMMUNITY

Collaborate. Connect. Celebrate.

Region's Largest Multi-Cultural Celebration

Saturday, August 18th - Parade 9 am - Event 10am to 4pm - Riverfront Park

IN PARTNERSHIP WITH



Unity Parade (register to participate)
Career, Education and Health Fair
Cultural Village
Activities for All Ages

Live Entertainment
Free K-8 School Supplies
Free Kids Helmets (while supplies last)
Senior Resource Area

www.unity.org



Healthy Engagement with Children of Trauma

Presented by Randy Roberts MA, LMFTA

This course is designed to help caregivers find balance and harmony in daily living through a better understanding of the human self and our interaction with trauma and adversity in the children we serve.

This workshop covers:

- The healing power of living true to ourselves
- Recognizing wounds, burdens and painful memories in ourselves and our children
- Understanding compassion fatigue in foster parents and caregivers
- Finding fulfillment in Self-led parenting
- Building cooperative partnerships with you, your community and the children you serve

Registration is required. Some classes may have prerequisites.

To register, go to allianceforchildwelfare.org, select [Our Courses](#), and search for your class.

If you have questions, contact Shelly Myers at mysh300@uw.edu or 206-221-0308.

For registration support contact 1-866-577-1915 or email help@acwe.on.spiceworks.com

Saturday, September 29, 2018

9:00 a.m. – 3:30 p.m.

Spokane DCFS
1313 N. Atlantic Street Suite 2000
Spokane WA 99201

For a complete listing of our statewide training opportunities, go to
allianceforchildwelfare.org



Kinship Navigator/Kinship Caregiver Support Program

5125 North Market Street

Spokane WA 99217

The Kinship Program is sponsored by:



Are you somebody's hero?

Are you providing primary care for a relative child whose own parents are unable to care for them?

Kinship Navigator/Kinship Caregiver Programs are here to support you!

509-458-7450, option 4

YOU'RE INVITED!



FREE Frontier Behavioral Health Wellness Fair

Saturday, August 4, 2018

10am to 2 pm

**Mary Higgins Parking Lot
107 South Division, Spokane**

BRING THE FAMILY

Free Hot Dog Lunch

Vendors on site with Community Resources

Frontier Behavioral Health is committed to the policy that all persons have access to its programs, activities, facilities and employment without regard to race, color, religion, creed, national origin, sex, age, marital status, physical, sensory or mental disability, the use of a trained guide or service dog by a disabled person, or status as a veteran of the Armed Forces of the United States.