



## Parent Engagement Mentoring Program

The Parent Engagement Mentoring Program of Thurston County was initiated through a collaborative partnership between Catalysts for Kids, Children's Administration, Thurston County Superior Court and FESS.

The Mentors provide access to community resources, and guidance navigating the child welfare and court systems.

This program also provides a Dependency 101 training along with a "Parent Forward" Support Group that meets monthly in Thurston County.

This service is provided in Mason & Thurston Counties. Please contact us for more information or registration.

## Kinship Program



In an effort to assist Kinship and Foster Caregivers, we provide a wide array of services including:

### Kinship Navigators (Case Management):

Our bi-lingual Kinship Navigators work directly with caregivers to evaluate emergent needs, assistance in accessing the legal system and resources.

### Support Groups:

Thurston, Lewis and Mason County Kinship Support groups with FREE on-site child care.

### Training:

Topics varying from special needs to child development and caregiver resources.

### Enrichment Activities:

Multi-generational events are offered throughout the year to help caregivers connect to each other and community resources.

This service is provided in Lewis, Mason & Thurston Counties. Please contact us for more information or registration.

## Parent—Child Assistance Program (PCAP)



Thurston is the 12th County in Washington State to adopt this award-winning, evidence based case management model in support of our pregnant and parenting mothers with alcohol and/or drug abuse disorders that impeded their ability to care for their children and live healthy functioning lives.

### -GOALS of PCAP-

- \* To help build & maintain healthy independent family lives;
- \* Assure that children are in safe and stable homes;
- \* Prevent futures births of alcohol/drug exposed children.

This service is provided in Thurston County. Please contact PCAP for more information or registration.



### Some of our sponsors and funding agencies that help us to help families are:

*Aging & Long Term Support Admin; Area Agency on Aging; Boeing; Dept. of Early Learning; Thurston Economic Development Council; Medina Foundation; Nisqually Indian Tribe; NW Children's Fund; Sea Mar; Twin Star; United Way; Zonta Club of Olympia*

*.....And YOU!*

*Thank you for all of your support!!*

### Other collaborated programs and events in the community include:

- *Parenting Tools Series*
- *Guiding Good Choices*
- *Love, Talk, Play*
- *Winning at Parenting*
- *Continuing Education*
- *Zumba*
- *Foster Care Support*

*.....And more!*

*FESS is the "Non-Profit Organization of the Year" awarded by the Thurston County Economic Development Council for 2015.*

*FESS was also the recipient of the Generations United 2015 Brookdale Foundation Grandfamilies Award.*

*Family Education & Support Services is an equal opportunity service provider and does not discriminate on the basis of race, color, religion, national origin, age, marital status, sexual orientation or disability.*



## Family Education & Support Services

Supporting Families...Strengthening Communities

### Offering:

**Classes, support groups & resources for parents, relative caregivers, foster parents and families**

### Our Mission:

**To inspire healthy child development through the provision of quality family support services!**

**Family Education & Support Services**

**1202 Black Lake Blvd Ste B**

**Olympia, WA 98502**

**Phone: 360-754-7629 or**

**Toll free: 1-877-813-2828**

**Fax: 360-705-3411**

**PCAP Line: 360-480-3763**

**Web Site: [FamilyESS.org](http://FamilyESS.org)**

***Like us on Facebook too!***

## About FESS:

At Family Education and Support Services (FESS), we believe strong families begin at home, and that by supporting families we help to create a thriving community. We support families by offering a variety of services, education and support programs which include:

- **Intensive Classes** for parents referred by Child Protective Services, Social Workers or Family Court. Curriculums are evidence based or best practice strategies.
- **Prevention Based** parent training and family friendly events intended to help build family resilience and prevent adverse childhood experiences. These services are often offered in collaboration with local schools, faith or community partners.
- **Kinship and Foster** services include weekly support groups, monthly trainings and bilingual case management throughout our service areas. Along with services for adults, we provide direct services (emergent financial aid) to help children through these transitions.

*We look forward to hearing from you!*

"Pinwheels for Prevention" at our State Capitol in April to proclaim Child Abuse Awareness Month.



## Extended Parenting Classes

### Parenting & Family Values Class

(an evidence based MRT Curriculum)



This co-ed parenting class meets once a week covering the MRT workbook. This parenting class also uses class discussions and experiential activities to help parents in planning for a healthy family future.

There is open enrollment which allows participants to enter and exit as they work through the materials at their own pace and graduate once the workbook is completed.

Participants are screened prior to class to avoid any attendance conflicts. The class fee is \$200 per person and may have college credit available by request. The fee may be reduced for those whose income can be verified to fall below poverty guidelines (income verification is needed prior to class) or if you qualify for a referral from DSHS.

Classes provided in Thurston, Mason (and soon) Lewis Counties. Please contact us for more information or registration.



### Dynamic Dads Class

(an evidence based curriculum)

This parenting class is for men dedicated to learning more about being great fathers. Dynamic Dads meets once a week to cover the "Nurturing Fathers" curriculum workbook written by Mark Perlan.

Fathers participating in this class are given the opportunity to grow in the company of other men and discuss what goes into being a "Dynamic Dad". Fathers *can and do* play a significant role in the healthy development of children. Join us as we discuss the complexities shaping our children's healthy development.

The class fee is \$250 per person and may have college credit available by request. The fee may be reduced for those whose income can be verified to fall below poverty guidelines (income verification is needed prior to class) or if you qualify for a referral from DSHS. This class is provided in Mason, Lewis, Thurston (and soon) Pierce Counties.

Classes provided in Mason & Thurston (and soon) Pierce Counties. Please contact us for more information or registration.

## Parenting Seminars

### Impact of Domestic Violence On Children Seminar



This 4-hour seminar is designed to assist parents in helping children who have witnessed, or been affected by domestic violence. Classes are presented monthly and are offered separately for men and women in Thurston County. Participants are screened prior to class to avoid any attendance conflicts. A certificate of completion is given at the end of class.

The class fee is \$75 per person. The fee may be reduced for those whose income can be verified to fall below poverty guidelines (income verification is needed prior to class) or if you qualify for a referral from DSHS.

Classes provided in Thurston County. Please contact us for more information or registration.



### Consider The Children Seminar

This 4-hour seminar focuses on strategies to support children who live separately from one or both parents whether through a dissolution of marriage, a parenting plan or 3rd party custody. Participants are screened prior to class to avoid any attendance conflicts. A certificate of completion is given at the end of class.

The class fee is \$50-\$60 per person. The fee may be reduced for those whose income can be verified to fall below poverty guidelines (income verification is needed prior to class) or if you qualify for a referral from DSHS.

Classes provided in Lewis, Mason, Pierce and Thurston Counties. Please contact us for more information or registration.