



# Kinship Newsletter



**Thurston-Lewis-Mason Counties**

**September - 2020**

## BACK TO SCHOOL

Did you know . . .

Sept. 16- Choose Your Chocolate Day

Sept. 19- National Dance Day

Sept. 19- National Talk Like A  
Pirate Day

Sept. 21- National Batman Day

<https://nationaltoday.com/september-holidays/>

## Join the Kinship Group on Zoom

Take a much needed break, meet up with  
your fellow Kinship Caregivers & enjoy some well  
deserved "Me Time."

**Meetings are:**

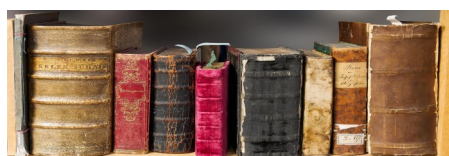
**Tuesday Afternoons 2 - 3:30 pm**

**Wednesday Evenings 6:30 - 8 pm**

Contact Tammara for signup information:

**zoom**

Tammara@familyess.org



### Kinship Book Club

Watch your Email and our Facebook Group for  
Upcoming Information about Group re-start Dates  
and Times.

Family Education  
& Support Services  
Regional Resilience Center

WASHINGTON STATE KINSHIP  
**CAREGIVER  
TRAINING**

## Current Science of Alcohol and Cannabis: Implications for Prevention



### ABOUT THE PRESENTER

Dr. Jason Kilmer is an Associate Professor in Psychiatry and Behavioral Sciences at the University of Washington (UW), and serves as an investigator on several studies evaluating prevention and intervention efforts for alcohol, marijuana, and other drug use. Jason has worked extensively with college students and student groups around alcohol and other drug prevention both at UW and on campuses across the nation. Jason also serves as the chairperson of Washington state's College Coalition for Substance Abuse Prevention.



**September 24, 2020**  
**1:00 - 3:00 PM**

**Virtual Training**

Presented by Jason Kilmer, Ph. D  
University of Washington

Virtual ZOOM Meeting  
Meeting ID: 824 4399 9098  
Passcode: 603143

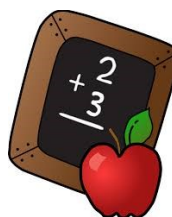
Questions? Call Shelly Willis 360-754-7629 or email: [Shelly@familyess.org](mailto:Shelly@familyess.org)

Brought to you by:



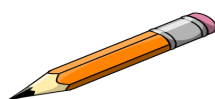
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**NOTHING  
IS IMPOSSIBLE,  
THE WORD  
ITSELF SAYS  
I'm Possible!**  
•••

AUDREY HEPBURN



**Family Education  
& Support Services**

Supporting Families...Strengthening Communities





# 2020 VOICES OF CHILDREN



**ATTITUDE**  
is the difference  
between an  
**ORDEAL**  
and an  
**ADVENTURE**

ENTRY OF MERIT:  
**BrookLynn (12)**



ENTRY OF MERIT: **Shelly (13)**

As a child, I longed for something that could replace the empty space in my heart. As a foster kid, I was torn between homes and forced to show only a little part of myself that people wanted to see. I was a very hurt kid, but people only wanted to see the part of me that was perfect. The one without flaw or mistakes. The truth is, when you make mistakes you learn. You grow. You develop an sense of who you are by acting every day on your thoughts and feelings. I felt strong that parents were very important to the success of a child, but all I had was myself. So I continued to search. I wanted that figure in my life that was going to give me love and security. When I found that empty place in my heart a replacement I could finally be myself. I felt comfort and joy when I was with this family. I felt safe in this place. A place where I could be silly. I was no longer scared to show this side of myself. I laugh with these people. I cry with these people. We have our slip ups, but no amount of little complications could over power when you have such strong connections. After all these people are a part of me. And they have made me realize that each relationship you have with other people reflects the relationship you have with yourself. I now know who I am!



ENTRY OF MERIT: **BreeAnn (14)**



## 2020 Jubilee—Giving Tree Program



### Deadline for Application

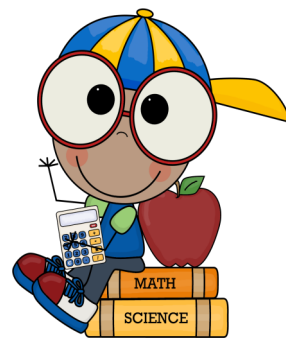
Submission is **Oct. 30, 2020**

### Questions?

Contact **Tammara** at

[Tammara@familyess.org](mailto:Tammara@familyess.org)

THE WAY  
WE TALK  
TO OUR  
children  
BECOMES THEIR  
inner voice.



### Family Education & Support Services

has an abundant supply of **Face Masks** available now. If you, or your family members, would like to have masks mailed to you please let us know.

Please send an email to Lynn or Tammara with your current mailing address and we will get them sent your way!

[Tammara@familyess.org](mailto:Tammara@familyess.org)

Or

[Lynn@familyess.org](mailto:Lynn@familyess.org)



## Stay Updated with the Kinship Navigator Program Notifications during COVID-19 on our Facebook Group Page



**Lewis-Mason-Thurston Kinship Caregivers**  
Group



## The Brookdale Foundation Group

The Brookdale Foundation The Glendale Foundation Ramapo Trust  
Supporting today's seniors and tomorrow's leaders in aging



Area Agency on Aging

## Family Education & Support Services

Supporting Families...Strengthening Communities

