



Kinship Newsletter



Thurston-Lewis-Mason Counties

June - 2020

Find us on Facebook



Kinship Support Group Forum
Group

Family Education and Support Services
Nonprofit Organization



Join the Kinship Group on Zoom

Take a much needed break from homeschool & housework, and kids. 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:

Tammara@familyess.org



Join us for the 2020 Summer Library Program Online!

From June 1 - August 31 ~ for kids, teens, and adults ~
Sign up and participate online at trl.beanstack.org

PSE offers bill assistance for customers Impacted by COVID-19

NUMBER OF PERSONS IN HOUSEHOLD	QUALIFYING MONTHLY HOUSEHOLD FPL INCOME	NUMBER OF PERSONS IN HOUSEHOLD	QUALIFYING MONTHLY HOUSEHOLD FPL INCOME
1	\$2,658	6	\$7,325
2	\$3,592	7	\$8,258
3	\$4,525	8	\$9,192
4	\$5,458	9	\$10,125
5	\$6,392	10	\$11,058

<https://www.pse.com/covidhelp>



"Although the world is full of suffering, it is also full of the overcoming of it."

- Helen Keller

RESILIENT

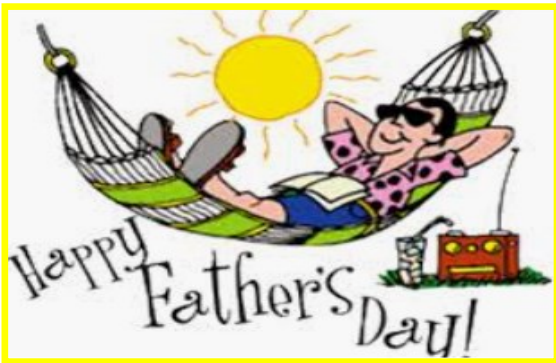


Family Education & Support Services

Supporting Families...Strengthening Communities

A Little Grounding Exercise


- Sit outdoors or facing a window. Get comfortable
- Close your eyes and focus on your breathing until you feel calm
- Open your eyes
- Notice **5** things you can see
- Notice **4** things you can hear
- Notice **3** things you can feel
- Notice **2** things you can smell
- Notice **1** thing you can taste



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

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

Our hearts here at C.A.S.E. are filled with grief and anger as our nation mourns the senseless murders of George Floyd, Breonna Taylor and Ahmaud Arbery. We bear witness to the ramifications of generations of injustice, hatred and inequity.




The traumas inflicted as a result of systemic racism compound the existing losses, identity challenges and traumas that were already compromising the mental health of our children of color in foster care, kinship care, and adoption. In addition to injustice, we bear witness to the impact of racism on mental health.

C.A.S.E. was created as a place of emotional safety and comfort for members of the foster, adoptive and kinship community. As a provider of mental health services, it is our responsibility to acknowledge these injustices and speak out against them. It is also our responsibility to look inward and assure that we are intentional in upholding the core value of dedication to inclusivity and accountability. And, we must help those we serve to give voice to their experiences of racism, support honest communication and provide therapeutic strategies to manage their feelings and fears and to heal.

We don't pretend to have all the answers, but we want to be a place of safety and a tool of healing. We want to know what you need from us during this time. **Please take a minute to send an email to us.** Let us know how we can best help you and your family. Thank you for the trust you place in C.A.S.E. Let us stand together.

In Solidarity,
Debbie Riley, CEO and the CASE Staff



**nurture.
inspire.
empower.**

**Center for Adoption Support and
Education | 301-476-8525**

<https://adoptionssupport.org/>

Resources for Families

On Diversity

- ➔ [Talking About Unrest in Our Midst](#)
- ➔ [Raising A Child of Color in America](#)
- ➔ [Helping Parents Honor A Child' Diversity](#)
- ➔ [10 Children's Books About Racism and Activism to Help Parents Educate Their Kids](#)
- ➔ [Talking About Race](#)



Novel Coronavirus COVID-19 Concern

The Kinship program team is monitoring closely real-time issues concerning the Coronavirus outbreak. Our team is committed to upholding mandated safety guidelines to minimize the risk to our Clients and the children they care for. Cancellations, information resources, and updates will be posted to our Facebook page and through email notifications. Please email the Kinship team with any concerns or questions:

Lynn@familyess.org

Rosa@familyess.org

Tammara@familyess.org



The Brookdale Foundation Group

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

**Family Education
& Support Services**

Area Agency on Aging Supporting Families...Strengthening Communities

