You CAN help those you love!

**QPR Suicide Prevention Training Webinar**
Monday 10/4 at 1:00pm
Monday 10/25 at 1:00 pm

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**2021 Jubilee Christmas Giving Program**
Applications are now being accepted until
October 29th, 2021
Check your email or contact Tammara for an application at:
Tammara@familyess.org

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**Merry Christmas**

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**Join the Kinship Group on Zoom**
Take a much needed break, meet up with your fellow Kinship Caregivers & enjoy some well deserved “Me Time” in a very supportive environment.

Meetings are:
Wednesday Evenings 6:30 - 8 pm
Contact Tammara for signup information:
Tammara@familyess.org

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**What kind of music did the mummies play at the Halloween party?**
Wrap!

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**Autumn shows us how beautiful it is to let things go.**
Lewis-Mason-Thurston Kinship Caregivers

Stay Updated on COVID-19 with the most recent information on our Kinship Facebook Page

Erin Jones, independent education & systems consultant, public speaker, and 2021 Strengthening Families Conference keynote speaker, has released her first book. Erin's book helps us to learn how to be and build the bridges necessary to heal the deep wounds of racism in the US. You can find her book on Amazon.

While the Covid 19 pandemic has brought much suffering to the world and our own homes and families, it may not hurt, and it might even help to acknowledge the positive effects of lockdown. One primary effect of fewer cars on the road, more shopping online, and a significant decrease in social gatherings has been nature’s return to balance. Since Covid-19, there has been a significant improvement in air and water quality worldwide. Besides this, the widespread use of Zoom and other online applications for connecting with others has brought us new opportunities. Now we include people from across the country and beyond to what were once local classes and support groups, and places of employment can offer more flexible work-at-home options. Our necessary masking has not only helped to keep us safe from Covid, but also other infectious diseases like the flu. Finally, and perhaps more importantly, we may never again take for granted the value of a smile and a hug from friends and loved ones. The pandemic will surely end but perhaps we can take these lessons learned into the future, doing our best to keep ourselves and each other healthy as well as the planet and savoring our connection with friends and family.