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:

*NEW* Tuesday Afternoons 12:30–2 pm
Wednesday Evenings 6:30–8 pm

Contact Tammara for signup information:
Tammara@familyess.org
24 Gratitude Journal Prompts

1. What does gratitude mean?
2. How does being thankful make you feel?
3. Who are you most thankful for?
4. How can you show you are grateful?
5. Why is being grateful important?
6. Why are you grateful for your body?
7. What is a toy you are thankful for?
8. What are you thankful for in nature?
9. Why are you thankful for your mom?
10. Why are you thankful for your dad?
11. When was the last time you said Thank You?
12. What kind of actions should be thanked?
13. What body part are you grateful for?
14. Why are you grateful for your family?
15. Why are you grateful for your house?
16. Why are you grateful for your teacher?
17. What animal are you most grateful for?
18. When is it important to be grateful?
19. Why are you grateful for your country?
20. How do you show gratitude for your friends?
21. How does it feel to be thanked?
22. What gift could you give to say thanks?
23. What are you thankful for today?
24. How will you show your family you are grateful for them today?

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

Lewis-Mason-Thurston Kinship Caregivers

Thurston County Food Bank
November 12 at 10:15 AM

THANKSGIVING DISTRIBUTION:
Thursday, Nov. 18: Mt. View Pop Up 10am –1pm
Monday, Nov. 22: Olympia’s Food Pantry 11am-3pm
Tuesday, Nov. 23: Lacey’s Food Pantry 10am –1pm
Wednesday, Nov. 24: Olympia’s Food Pantry 11am-3pm... See more

Thanksgiving Food Boxes
Saturday, Nov. 20, 10 AM - 1 PM
Drive-thru only, at Mason Co. Food Pantry

Bring your photo ID, a piece of current mail, and ID for everyone in your household.
Community Care of Mason County - 606-375-6863