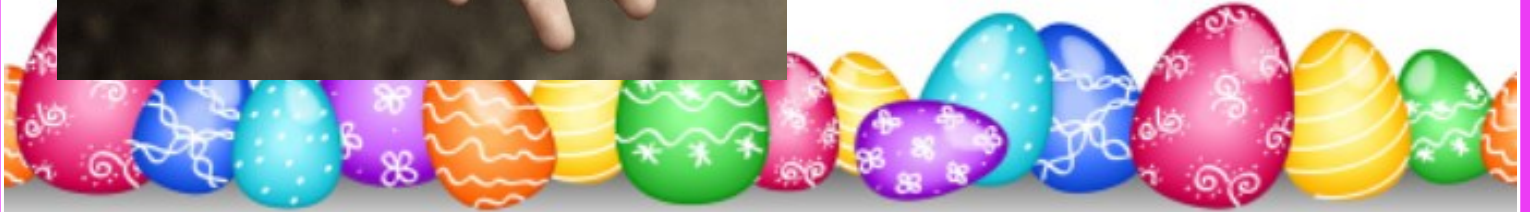




Kinship Newsletter



Thurston-Lewis-Mason Counties

April ~ 2022

Our Mission

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

Familyess.org




Free Playgroup!



Kaleidoscope Play & Learn is a development-centered playgroup for children ages birth to five and their caregivers/parents.

Our trained playgroup facilitators lead engaging circle-time activities including story time, songs, interactive games, art activities.

Kaleidoscope Play & Learn help families prepare children for success in school and life.

Caregivers will learn about:

- Child development
- Activities they can do at home to support children's learning
- Community resources

JOIN US!

Zoom Meeting Virtual Playgroups

Mondays, 10:30 am

Wednesdays, 2:30 pm

In-person Playgroups

Tuesdays, 10:30 am (Olympia)

Fridays, 10:30 am (Shelton)

Call or email for information and to pre-register:

KPL@ccacwa.org or 360-742-7267



Scan the QR code to register for a play group!



Alliance
for Child Welfare Excellence

<https://allianceforchildwelfare.org/>

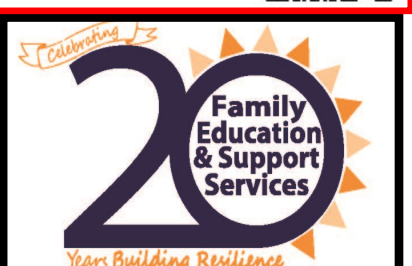
Tailored support for caregivers

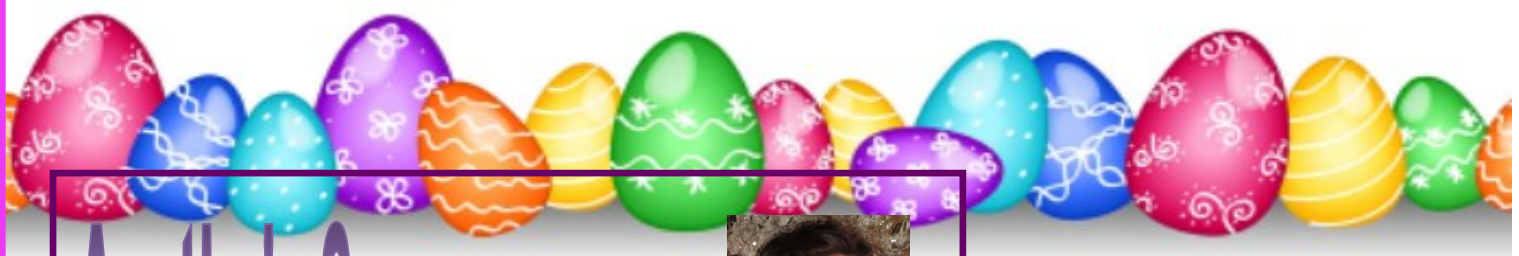
Get to know Alliance CaRES, offering personalized help and information. »



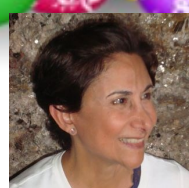
The Parental Compass

□ <https://www.parentalcompass.org/feed.xml>





Anatha's Corner



Gardening with Your Children

In April most garden lovers are outside preparing the earth for the first planting. Whether you have a large plot of land to till or a few pots on the patio for flowers and herbs, children often want to participate in the fun.

Garden responsibilities will depend on the age of the child. Young children might enjoy a small patch of garden or to claim their own patio flowerpot. There are some considerations for youngsters, large seeds for tiny hands, child friendly garden tools, and choosing flowers and vegetables that have a nice scent, grow quickly and are easily recognizable. Snow peas, cherry tomatoes and pumpkins are some fun familiar options.

While planning the garden, planting the seeds and making sure they get enough water and sunlight may bring a sense of wonder to youngsters, older children may not as easily warm to the task. Planting, weeding, and watering might feel like just another chore. Another way to expose all the children to the joy of fresh farmed vegetables is a visit to the Farmer's Market. With music, balloon animals, ice cream cones and several bakeries, there is something for the whole family. A Saturday afternoon visit to the Market is a great way to celebrate the season and a healthy place for tweens and teens to meet up with friends. Either way we wish you a wonderful Spring season!

On Monday, April 25th
the downtown branch of
the Food Bank will be
returning to our
In-person Shopping Model!
Thurston County!

CRISIS CLINIC
OF THURSTON & MASON COUNTIES
(360) 586-2800

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:

***NEW* Tuesday Afternoons 12:30- 2 pm**

Wednesday Evenings 6:30 - 8 pm

Contact Tammara for signup information:

Tammara@familyess.org

PARENTING PROUD

LGBTQ+ Parenting Support Group

Monthly Meetings
1st Wednesday
6:00 PM - 8:00 PM

(Currently all meetings are virtual)
Live via ZOOM support group

For more information or to register:
call (360) 754-7629 or visit FAMILYESS.ORG
we will send you a zoom link.

Cultivating a supportive community

A place for LGBTQ+ people who seek to strengthen their parenting skills, to ask questions, share parenting experiences, celebrate family milestones, and provide parenting support.

CHOICE
Regional Health Network

Family Education & Support Services is an equal opportunity employer and service provider and does not discriminate. LSG0122

SAFE CHILDREN | STRONG FAMILIES | HEALTHY COMMUNITIES

You have what it takes to be a brain builder!

Download the Vroom app to add learning to mealtime, bathtime, bedtime, and anytime with Vroom tips.

See for yourself how Vroom tips are fast and fun!
vroom.org

Available on the App Store and Google Play.
Downloadable on any device.

vrOm

Over 1,000+ easy activities designed to help your child's brain grow strong

Life gets busy, Vroom tips stay simple. With fun activities, backed by science, you can turn everyday moments into brain-building moments!

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

Lewis-Mason-Thurston Kinship
Caregivers

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

Supporting Families...Strengthening Communities