



Kinship Connections (formerly called Support Groups)

*In Person - **Lewis, Mason, and Thurston** counties once a month - Food is provided during the first 30 minutes, then children's activities provided while caregivers meet in person to share joys, challenges, and support one another.*

Please RSVP to Danaet@familyess.org (include children's age(s))

LEWIS COUNTY

TBD

MASON COUNTY

2nd Monday of each month

**Monday
May 11th**

5-7 PM

Shelton Family YMCA

3101 N Shelton Spring Rd.
Shelton, WA 98584

THURSTON COUNTY

**Every Wednesday
April 22-May 20**

6-8 PM

**Tumwater Boy's & Girl's
Club**

600 Israel Rd SW,
Tumwater, WA 98501

MEET VIRTUALLY VIA **ZOOM WEEKLY**

Every Wednesday

6:30 pm-8 pm

Join Zoom Meeting

Hosted by Lynn Urvina

Meeting ID: 446 048 833

Passcode: 006845

Link is the SAME every week



Drop in - no RSVP needed.





JUST BETWEEN FRIENDS BARGAINS & BLESSINGS

May 18, 2026

4–8pm

FESS clients can receive ONE free bag by showing this JBF Coupon.

Please Register to Attend:

<https://compelledtocare.churchcenter.com/registrations/events/3610848>

Kinship Caregiver Support Program (KCSP)

The Washington State Legislature made funds available to assist lower income kinship caregivers with some basic needs. Eligible families may qualify for a one time Financial Grant to help with:

- Food, Clothing and Basic Needs
- School and Youth Activities
- Emergency Utility Assistance
- Emergency Rental Assistance
- Transition Counseling
- Transportation Assistance

Funds subject to availability.

Funds are available for 3 years in a row, then families must take one year off. Our year is July 1 – June 30. For many caregivers, this year – July 1, 2025 – June 30, 2026, will be their 3rd year in a row being served.



Navigator Corner

Getting Better Connected

Technology can be challenging, especially as it keeps evolving, but there are many free resources to help people learn computer and mobile device skills. Online, AARP's Senior Planet offers classes on topics like basic computer use, mobile devices, email, and video conferencing. Locally, organizations such as Senior Services of South Sound provide one-on-one support connecting seniors with knowledgeable helpers. Senior centers in Olympia, Lacey, Chehalis, and Shelton offer assistance, and local libraries host tech tutoring, events, and drop-in help sessions. For more information or personalized support, people can contact the Kinship Navigator.

[**Click Here to Learn More**](#)

familyess.org/navigatorcorner0526



Using the CARE Approach

Caregivers supporting children through loss should focus on creating safety and connection rather than giving perfect answers. Children's questions often reflect deeper fears about worth, love, and trust. Using the CARE approach—Connect, Acknowledge, Reassure, Encourage—helps them feel heard and valued. Keep responses calm, honest, and simple, allow emotions, and avoid shutting down conversation or overexplaining. What matters most is making children feel safe, supported, and not alone.



[**Click Here to Learn More**](#)

familyess.org/navigatorcorner0526

Kinship Contact Information:

Danae Tanner

Kinship - Admin Support
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Penny Michel

Navigator/Case Manager
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Anatha Atthar

Navigator/Case Manager
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Trista Mason

Director of Kinship Services
trista@familyess.org
(360) 701-3979

Join us on Social Media!



Lewis-Mason-Thurston Kinship Caregivers



Family Education & Support Services



[instagram.com/familyess.org](https://www.instagram.com/familyess.org)



The Brookdale Foundation Group



THE HEARTSPARKLE PLAYERS

*Family Education & Support Services (FESS) is excited to invite you to a one-hour interactive community event featuring **The Heartsparkle Players**, a dynamic Playback Theater ensemble known for storytelling, reflection, and inclusive learning experiences.*



This special event is designed to establish connections for ECEAP and Kinship families.

The Heartsparkle Players create a safe and inclusive space where every voice matters.

These events are FREE!

Please, RSVP to: DanaeT@familyess.org



May 16, 2026

5pm - 6pm

Shelton

Family YMCA

3101 N Shelton

Springs Rd.

Shelton, WA, 98584



Question Persuade Refer

*Three steps anyone can learn
to prevent suicide*

*Ask a question,
save a life!*



We can all save lives

QPR is a 90 minute research-based training providing practical and proven suicide prevention strategies for work, school, at home, and in your community.

What to Expect

Through presentation, videos and practice, you will be able to respond confidently to emergency situations.

Skills and topics include:

- Recognizing Risk Factors & Warning Signs of Suicide
- Understanding the Myths & Facts of Suicide
- Question - Learn How to (and not to) Ask About Suicide
- Persuade - Learn How to Influence a Person to Seek Ongoing Help
- Refer - Learn How to Refer and Navigate a Person to Resources

Thank you to our Sponsors



SIGN UP TODAY!

QPR Suicide Prevention Certification Course

LIVE VIRTUAL TRAININGS

Upcoming Classes

May 13th Wednesday 11:30am-1:00pm

June 3rd Wednesday 5:30pm-7:00pm



**Register NOW
for FREE:**

**www.familyess.org/QPR
or call (360) 754-7629**

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

FREE

GUIDING GOOD CHOICES

PARENTING TOGETHER SERIES

TUMWATER



Weekly Gatherings
April 20 - May 18, 2026

Mondays
5:30 - 7:30 PM

LOCATION:
Boys & Girls Club
600 Israel Rd SW
Tumwater, WA 98501

FREE Childcare! Enjoy a family meal before kids go play!

MEET & CONNECT WITH OTHER PARENTS

Join us for a nationally-recognized, evidence-based parenting workshop series. Topics include positive discipline tools, communication skills, child development and stress/anger management.

LEARN PRACTICAL TOOLS, TIPS, STRATEGIES

Take home practices that can be applied immediately.



Capital Region
ESD 113



BOYS & GIRLS
CLUB



Washington State
Health Care Authority

For more information or to register:
www.familyess.org/ggc
or call (360) 754-7629

FREE
GUIDING GOOD CHOICES
PARENTING TOGETHER SERIES
TUMWATER



Weekly Gatherings
April 22 - May 27, 2026
Wednesdays
6:00 - 8:00 PM

LOCATION:
Boys & Girls Club
600 Israel Rd SW
Tumwater, WA 98501

FREE Childcare! Enjoy a family meal before kids go play!

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Washington State Health Care Authority

For more information or to register:
www.familyess.org/ggc
or call (360) 754-7629

FREE

GUIDING GOOD CHOICES

PARENTING TOGETHER SERIES

**MORTON - EAST
LEWIS COUNTY**



Weekly Gatherings

May 7 - June 11, 2026

Thursdays

5:30 - 7:30 PM

Join us for a nationally-recognized, evidence-based parenting workshop series. Topics include positive discipline tools, communication skills, child development and stress/anger management.

Take home practices that can be applied immediately.

For more information or to register:

www.familyess.org/ggc

or call (360) 754-7629

Washington State
Health Care Authority

LOCATION:
CENTRALIA COLLEGE-
EAST LEWIS COUNTY
701 AIRPORT WAY
MORTON

**Light refreshments
will be served -
No childcare
available**

**MEET & CONNECT WITH
OTHER PARENTS**

**LEARN PRACTICAL
TOOLS, TIPS,
STRATEGIES**



2026 Senior Farmer's Nutrition Program



Qualifications

To be eligible for the 2026 SFMNP program, you must meet age and income requirements. Applicants must also be a resident of Washington State in Lewis, Mason or Thurston County.

- You must be 60 years of age or older (55 or older if you are Native American or an Alaska Native)
- Your income must be below 185% of Federal Poverty Level.

Ways to Apply

- LMTAAA will begin accepting applications for the upcoming 2026 Farmers Market season starting April 15.
- Older adults who meet guidelines can also apply over the phone beginning April 15. Please call 360-664-2168 and press option 2 for assistance.



Apply for the 2026 Senior Farmers
Market Nutrition Program

[HERE](#)

[*Click for direct link to application page*](#)

Home page:

<https://lmtaaa.org/farmersmarket>

LEWIS-MASON-THURSTON
AREA AGENCY ON AGING