



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
April 13th**

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.

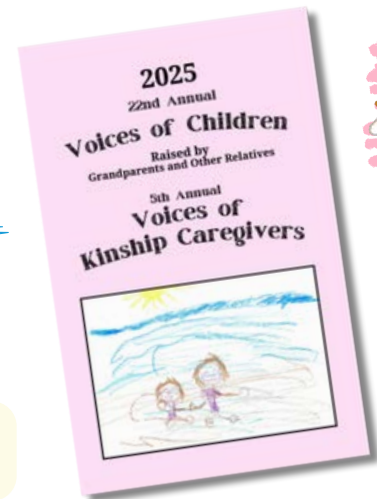
Voices of Children



Raised by Relatives and Voices of Kinship Caregivers Contest

Entries must be submitted
by April 3rd

**You will receive a
\$20 Gift Card per
entry, 1 per person!**



[Click Here to View Application](#)

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

National School Librarian Day

April 4th, National School Librarian Day, is a great chance to introduce children to librarians and library resources. Building this connection encourages kids to use libraries throughout their education. Libraries offer fun learning activities for children and helpful services for adults. Visiting your local library can help you discover everything it provides.

[Click Here to Learn More](https://familyess.org/navigatorcorner0426)

familyess.org/navigatorcorner0426



The Two-Hour Reset: A Simple TBRI® Strategy That Makes a Big Difference

Kinship caregivers may misinterpret meltdowns as behavior issues when they are often caused by unmet physical needs like hunger, thirst, or fatigue. TBRI® emphasizes meeting these physiological needs first by offering snacks and water regularly to prevent dysregulation. Consistently meeting these needs helps children feel safe and builds trust, especially for those with unpredictable pasts. Caregivers are encouraged to focus on what need should be met rather than what behavior to correct. Small, consistent acts of care—along with caregivers tending to their own needs—support regulation and connection.

[Click Here to Learn More](https://familyess.org/navigatorcorner0426)

familyess.org/navigatorcorner0426



Kinship Contact Information:

Danae Tanner

Kinship - Admin Support
danaet@familyess.org
(360) 720-3930

Penny Michel

Navigator/Case Manager
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(360) 721-5924

Anatha Atthar

Navigator/Case Manager
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(360) 999-8253

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 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

SATURDAYS

April 11, 2026

2pm - 3pm

Briggs YMCA

1530 Yelm Hwy SE
Olympia, WA 98501



April 18, 2026

2pm - 3pm

Centralia College

TAC Building
700 W Pear St.
Centralia, WA 98531



May 16, 2026

5pm - 6pm

**Shelton
Family YMCA**

3101 N Shelton Springs Rd.
Shelton, WA 98584

SATURDAYS

Question Persuade Refer

*Three steps anyone can learn
to prevent suicide*

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



*Ask a question,
save a life!*



SIGN UP TODAY!

QPR Suicide Prevention Certification Course

LIVE VIRTUAL TRAININGS

March 25	<i>Wednesday</i>	5:30 - 7:00pm
April 15	<i>Wednesday</i>	11:30am - 1:00pm
April 28	<i>Tuesday</i>	5:30 - 7:00pm
May 13	<i>Wednesday</i>	11:30am - 1:00pm
June 3	<i>Wednesday</i>	5:30 - 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



TUM
HOPES

Washington State
Health Care Authority

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

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Washington State
Health Care Authority

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or call (360) 754-7629

*An evening with best-selling
author & parent educator*

Barbara Coloroso

**APRIL
2ND**

**6:00PM-
7:30PM**

DOORS AT 5:30

**IN-PERSON
& ON ZOOM**

**FREE
EVENT**



A CONVERSATION ON BULLYING:

**Helping Our Kids Discern Between
Mistakes, Mischief, and Mayhem**

**JAMES KOVAL CENTER FOR
THE PERFORMING ARTS**

4155 6TH AVENUE NE
LACEY, WA 98506



Registration is Now Open

www.familyess.org/coloroso



Washington State
Health Care Authority

