



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

Monday

March 30th

5:30 pm-7:30pm

**Centralia College
Children's Lab school**

412 Oak St.
Centralia, WA 98531

MASON COUNTY

Every 2nd Monday

Monday

April 14th

5-7PM

Shelton Family YMCA

3101 N Shelton Spring Rd.
Shelton, WA 98584

THURSTON COUNTY

TBD



MEET VIRTUALLY VIA **Zoom** WEEKLY

Every Wednesday

6:30pm-8pm

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

Family Education & Support Services hosts the annual Washington State Voices of Children contest for children and youth, ages 5-19 years of age being raised now or in the past by a relative, other than their parents and the Voices of Kinship Caregivers.

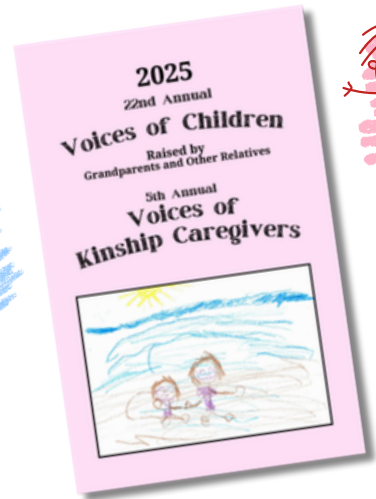
They are invited to write a short essay, poem, or submit a drawing that depicts how living with their kinship caregivers or caring for a kinship child has made a positive difference in their life.

Each child or caregiver who enters the contest may have their artwork or written submissions included in a booklet called "Voices of Children" and "Voices of Kinship Caregivers" (without their last name or location identified).

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

Entries must be submitted **by April 3rd**

[Click Here to View Application](#)



Kinship Care 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 Sleep Awareness Month

March is National Sleep Awareness Month and celebrated to promote the importance of healthy sleep. The 2026 theme is "Sleep Well, Live Better," encouraging better more restful sleep.

Learn helpful tips and the affect good sleep has on your child's brain development.

[Click Here to Learn More](#)

familyess.org/navigatorcorner0326



Meet Penny!

Welcome Our New Kinship Navigator

Family Education & Support Services is excited to welcome Penny Michel as our new Kinship Navigator.

Penny is a Trust Based Relational Intervention (TBRI®) Practitioner with a background in trauma-informed, relationship-based work supporting caregivers and families. She previously worked with the Alliance, where she facilitated TBRI® classes, caregiver support groups, and trainings designed to equip caregivers with practical tools while fostering connection, reflection, and shared learning.

[Click Here to Learn More](#)

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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

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

Kinship Contact Information:

Danae Tanner

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

Penny Michel

Navigator/Case Manager
pennym@familyess.org
(360) 721-5924

Anatha Atthar

Navigator/Case Manager
anatha@familyess.org
(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

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

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

LEWIS COUNTY



Weekly Gatherings

March 9, 2026 - April 13, 2026

Mondays

Food will be provided
5:30 - 6:00 PM

Class begins

6:00 - 7:30 PM

LOCATION:

**Centralia College
Child Development Center
Children's Lab School**

**412 S Oak St
Centralia, WA 98531**

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

Food and childcare will be provided

Take home practices that can be applied immediately.

**FREE FOOD,
CHILDCARE &
DOOR PRIZES!**

**MEET & CONNECT
WITH OTHER
PARENTS**

**LEARN PRACTICAL
TOOLS, TIPS,
STRATEGIES**



Washington State
Health Care Authority

For more information or to register:

www.familyess.org/GGC

or call (360) 754-7629



¡gratis! **GUIANDO BUENAS DECISIONES**
GUIDING GOOD CHOICES
SERIE CRIANDO JUNTOS



Reuniones semanales
Marzo 19, 2026
- Abril 30, 2026

Jueves
La clase comienza
5:30 - 7:30 PM

Unase a nosotros para una serie de talleres de Crianza basados en evidencia y reconocidos a nivel nacional.

Los temas incluyen:

- Promoviendo la salud y el bienestar durante la adolescencia
- Disciplina positiva
- Habilidades de comunicacion: como decir que no y conservar los amigos sin dejar de divertirse
- Desarrollo infantil
- Como manejar la ira y el estrés de una manera positiva
- Como Fortalecer los vinculos familiares involucrando a todos.

UBICACIÓN:
VIRTUAL EN ZOOM
(enlace enviado al registrarse)

**CONOCE Y CONÉCTATE
CON OTROS PADRES**

**APRENDA HERRAMIENTAS
PRÁCTICAS, CONSEJOS,
ESTRATEGIAS**

Washington State
Health Care Authority

Para más información o para registrarse:
www.familyess.org/GGCEspanol
o llame al (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

