

ILS Monthly

“We believe in strengthening our communities by empowering youth and families to create their own success.” We acknowledge the ancestors past, present and future, of the Coast Salish peoples, specifically the Nisqually, Cowlitz and Squaxin Island nations, who are the original and rightful stewards of the land where we live and work.

Beat the Heat with ILS!



It has been a hot and sunny summer so far and we're only halfway done! As we continue to enjoy the warm weather and sunshine, please make time to focus on self-care and hydration. This issue focuses on ways to beat the heat and keep cool in this hot August weather!

For those accessing our Newsletter on smart phones or computers, clicking the names of each resource will take you to their website!

Resources to Check Out:

[Thurston Co. Food Bank](#) |

360-352-8597

[Gather Church](#) | 360-827-0264

[Lewis County Food Bank Coalition](#)

360-330-1519

[Saint's Pantry](#) | 360-427-8847

[The Youth Connection](#) | 360-462-0125

receptionist@youthconnectionwa.org

[Crisis Clinic](#) | 360-586-2800

Salvation Army:

[Olympia](#) | 360-705-2850

[Centralia](#) | 360-736-4439

Check out the links below to find Cooling Centers in your area!

- [Thurston County](#)
- [Mason County](#)
- [Lewis County](#)



Tips for Staying Cool!

- Stay Hydrated!
- Plan your day around the weather!
- Find Water Activities to do!

For More Tips and Cold Treat Recipes, Visit the [Health Start Foundation!](#)



Dates to Remember:

August 1st - Mockingbird Youth Leadership Summit

Broadcasted on YouTube and TW

August 2nd - Dungeons and Dragons Info Session 4pm-5pm

August 7th - Mason County Drop-In Hours 12pm-4pm

601 W Franklin St. Shelton, WA 98584

August 14th - Lewis County Drop-In Hours 12pm-4pm

414 N Tower Ave Centralia, WA 98531

August 22nd - Mockingbird Olympia Chapter Meeting 3:30pm-5:30pm

Open to all in the Peninsula Region

Ask How to Attend Virtually!

August 30th - Thurston County Drop-In Hours 12pm-4pm

711 NE State Ave Olympia, WA 98506

Contact us!

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Dungeons And Dragons!

CYS will be hosting a new event series where youth involved in the ILS and SETuP programs can come play Dungeons and Dragons and other Tabletop Role Playing Games. We will be hosting an information session on Wednesday, August 2nd from 4pm to 5pm. Come learn all about D&D and meet our Game Master, Isaiah Doub!

