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December 2019 Calendar

**Thurston County Drop In**
Every Tuesday 9:30 am-11:00 am
@ Rosie’s Place
520 Pear St SE, Olympia WA, 98501

Every Wednesday 3:00 pm-5:00 pm
@ ILS Office on the 2nd Floor
711 State Ave NE, Olympia, WA. 98506

**Mason County Drop In**
12/11/19 & 12/18/19 from 1:00pm-3:00pm
@ Mason Transit 601 W. Franklin St. Shelton WA

**Mockingbird Chapter Meeting**
New Hours: 3rd Tuesday Monthly from 3:30-5:30 PM
@ 711 State Ave NE, Olympia WA 98506 3rd Floor Marina View Room
Next Meeting: 12/10/19
Leadership Team Meetings: 1st Tuesday Monthly from 12:30-2:30 pm
Contact Ileana Areiza for Leadership Team opportunities: 253-348-2625
CYS HOLIDAY PARTY
Hosted by:
Housing, ILS/SETuP &
The Mockingbird Society

DECEMBER 10TH, 2019
3:00 PM TO 5:00 PM

Community Youth Services
711 State Ave NE
Olympia, WA 98506
Second floor

Holiday Feast
Activities
Raffle of various desserts

FOR MORE INFORMATION:
CALL: 360-943-0780 OR
CONTACT YOUR CASE MANAGER
The Young Adult Housing Program is a comprehensive program for young adults and families in Thurston County, Washington State, ages 18-24, who are homeless, living in unsafe situations, exiting an institution or have been in the state foster care system. Our role is to provide safe and stable housing for young adults and families who are facing challenges, along with support, advocacy and guidance in helping them achieve their goals.

How does a youth get started?

1.) Fill out an eligibility form, which can be printed off below following link to webpage, or picked up at the 3rd floor reception desk at CYS: 711 State Ave NE, Olympia, WA, 98506

2.) Return completed eligibility form to CYS, as soon as possible, so eligibility can be determined

3.) Check your mail or email for your eligibility letter within two weeks.

If you are eligible, you will receive an invitation to the next housing orientation, which begins your admissions process.

Link to YAH webpage:
https://communityyouthservices.org/programs/young-adult-housing/

Questions?: The Admissions Case Manager Rachael Childs can be reached at (360) 918-7845

Housing offered in Lewis County through the Young Adult Housing program at CYS, if you qualify for IYHP housing and were in Foster Care during the 4 month period before turning 18.

Questions?: The Admissions Case Manager Rachael Childs can be reached at (360) 918-7845
Tips to Get Through the Holidays

We have a couple more holidays around the corner and things could get hectic balancing school, work, and personal life during this time of year. Don’t forget to take a break / pause for self care when things get a bit busier than usual. FosterClub, a national network for foster care young adults, has some helpful tips to get through the holidays:

Scholarship Pitfalls & Strategies

If you’re planning to apply for scholarships, GEAR UP Washington State offer some common mistakes to avoid to increase your chances of earning scholarship funding for your total cost of college attendance:

• **Missing application deadline**—Pay attention to each individual scholarship deadline. An idea could be to add deadlines to a calendar and set reminders for self.

• **Being unprepared**—Maintain your resume and have a list of your accomplishments. Get organized and save all copies that you submit in case somethings gets lost or misplaced. Much more tips can be found here: [https://gearup.wa.gov/file/scholarship-pitfalls-and-strategies](https://gearup.wa.gov/file/scholarship-pitfalls-and-strategies).

Check out the link below for scholarships available!

[https://www.gearup.wa.gov/resources/scholarships](https://www.gearup.wa.gov/resources/scholarships)

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**Scholarship Pitfalls & Strategies**

- **Stay connected to family & friends**—buy or make cards for family and friends during the holidays;
- **Write on**—if you enjoy writing, write a daily entry in your journal during the holiday season;
- **Connect at FosterClub.com**

**Speak up for visits**—inform your social worker and foster parents of how important visits are during the holidays;

**Be Yourself**—during the holiday season we tend to meet and / or run into lots of people be yourself and show kindness which tends to be an easy way to make new friend(s);

**Let’em wag**—if you’re feeling lonely and if you’re a pet enthusiast maybe volunteer with your local Humane Society or Pet Shelter;

**Lend a hand**—help out with community organization or an event which is an easy way to connect with people who have similar values;

**Connect at church**—if you are connected with a religious institution check into holiday activities going on and check it out;

**Visit others who may feel alone**—check with a local retirement or nursing home or hospital to find out if there are people who would enjoy some company during the holidays;

**Lend a hand**—help out with community organization or an event which is an easy way to connect with people who have similar values;

**Connect at church**—if you are connected with a religious institution check into holiday activities going on and check it out;

**Visit others who may feel alone**—check with a local retirement or nursing home or hospital to find out if there are people who would enjoy some company during the holidays;
JOIN THE OLYMPIA CHAPTER

WHO: Young adults (13-25) impacted by Foster Care or Homelessness

WHAT: - Help improve the foster care and youth homelessness systems for yourself and others
- Hang out & eat good food
- Become a successful advocate, writer, and public speaker
- Earn money or community service hours for getting involved

WHY: To be connected and empowered with other youth in your area. To make sure your voice is heard when new laws and policies are created that will affect your life!

WHEN: December 19th, 2019 (3:30pm-5:30pm)

WHERE: CYS Main Building 711 State Ave NE, Olympia WA 98506
3rd Floor Marina View Room

Contact: Ileana Areiza: 253-348-2625
Lacey Parade of Lights
Huntamer Park
618 Woodland Sq Loop SE
12/2/19 @ 6:30 pm
View the Light Parade and the annual lighting of the Christmas Tree.

Country Dance with Live Music
12/7/19 from 7-10 pm
South Union Grange
10030 Tilly Rd SW
$6 admission
All Ages Welcome
5 SELF-CARE TIPS for the Holidays

PRACTICE SELF-CARE 101
Don't neglect the fundamentals of self-care. Are you eating properly? Drinking enough water? Did you go to sleep at a decent hour? What about your spiritual practice? Take a walk lately?

SET BOUNDARIES
There's only so much that one can give. If requests for your time or energy are beyond what you're able to give without draining your own financial or emotional resources, don't be afraid to say, "No!".

CARVE OUT ME TIME
One of the most stressful things about the holidays is the hustle and bustle and running around. Remember to pause and take some time (even if it's 20 minutes) to do something enjoyable for yourself.

JOURNALING
The holidays brings about old friends and extended family that you might not otherwise have to deal with. If someone rubs you the wrong way or if dormant feelings are stirred up, you can always grab your journal for a place to freely express your feelings, before finding a way to amicably work through conflicts.

TAKE A SOCIAL MEDIA BREAK
If the holidays are a reminder of loss or severed relationships, you might be triggered by ongoing social media posts. You might consider turning off notifications or limiting social media use during the season.

www.lovebianca.co
Easy Bacon Mac n’ Cheese

Ingredients:
- 2 Cups Penne Pasta
- 9 oz Creamy 3 Cheese Cooking Sauce (Progresso Recipe Starters)
- 8 Slices of American Cheese Diced
- 3 oz Bacon or Bacon Bits
- Italian Panko Bread Crumbs

Instructions:
- Cook and drain pasta as directed on package
- Add cheese sauce to pot and heat until boiling stirring occasionally
- Remove pot from heat and stir in American cheese until melted
- Stir in pasta and 2 oz of the bacon or bacon bits
- Mix remaining pieces or bacon with the bread crumbs and sprinkle over the top

Prep Time:
- 10 Minutes of Prep Time
- Ready in 15 minutes
ResCare Youth Services

Looking for youth (16-24 Years of age) who need help with employment and education services.

Employment services:
- Work training and certifications
- Paid work experience
- One-on-one Job Search Assistance

Contact: Ivy Bower @ (360) 200-0660
ivy.bower@rescare.com

Supported Employment now accepting referrals!

Do you know a youth who is interested in help with employment? If they are ages 16-24 on Medicaid and have had a mental health diagnosis or SUD diagnosis, a referral for services can be emailed to:

Contact info: icd@communityyouthservices.org or call 360-918-7860.

Supported Employment: is a program designed to enhance youth engagement and support their transition into the work-force. Employment Specialists work with the youth at their pace! Whether they are on the fence about working and need information to make an informed choice about their employment opportunities, or are ready to begin looking for work now, the Employment Specialist will adapt the services provided to meet the youth’s current needs.

By spending time getting to know the youth, SE Specialist will learn about their personal and work history; their strengths, needs, abilities, preferences and short and long-term work goals. With that information, the youth and the specialist will develop an initial treatment plan that will them help guide and measure the steps and progressions toward achieving employment goals.
CONSENT

Freely Given
Reversible
Informed
Enthusiastic
Specific

Planned Parenthood®
WA. Resource
Need help finding a dentist?
Check out DentistLink.org

Coordinated Care Questions?
Need Help Finding a Provider?
Visit: www.coordinatedcarehealth.com/

DentistLink.org is a free service for anyone in WA. Open to Apple Health (Medicaid), uninsured, self-pay and insured.

Connecting people to dental care in their community.

DentistLink.org, a free service brought to you by ARCORA Foundation

Your oral health matters. Let us find a dentist near you.
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