

# 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.

## It's Black History Month!

This month in ILS we are dedicating our newsletter to BIPOC centered events in our served communities as well as BIPOC owned businesses.

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](mailto:receptionist@youthconnectionwa.org)  
[Crisis Clinic](#) | 360-586-2800  
Salvation Army:  
[Olympia](#) | 360-705-2850  
[Centralia](#) | 360-736-4439  
[Budget Bytes](#)  
[Goblin Tools](#)

### One Year of Newsletters!

It has been one year since we have started up the ILS Monthly Newsletter again. If you enjoy reading our newsletters, text either Veneza or Alyssa with your favorite thing you've learned from our newsletters in the last year! ILS participants who text their favorite newsletter fact can earn a prize!

## Celebrate Black History Month

“Black History Month was created to focus attention on contributions of African Americans to the United States. It honors all Black people from all periods of U.S. history, from the enslaved people first brought over from Africa in the early 17<sup>th</sup> century to the African Americans living in the United States today.” ([National Geographic](#)).

We invite you to explore community events happening in your area that celebrate Black History Month. You can find events happening in Thurston County [here](#) and events happening in Mason County [here](#).

We also invite you to spend Black History Month exploring BIPOC owned businesses in your area that you can support and incorporate into your regular routine, so that these BIPOC owned businesses may get supported year-round, not just when our attention is on them for Black History Month. Find a list of BIPOC owned businesses in the greater Puget Sound Area [here](#).

Interested in reading on some Lewis County History? We've found an excellent article on how Centralia was founded by an African American man named after one of America's founding Father's. Read more [here](#).



### Dates to Remember:

**February 5<sup>th</sup> - Mason County Drop-In**  
**Hours 12pm-4pm**  
601 W Franklin St. Shelton, WA 98584  
**February 12<sup>th</sup> - Lewis County Drop-In**  
**Hours 12pm-4pm**  
414 N Tower Ave Centralia, WA 98531  
**February 19<sup>th</sup> - CYS Offices Closed in**  
**Observance of Presidents' Day**  
**February 20<sup>th</sup> - Mockingbird Olympia**  
**Chapter Meeting 4:30pm-6:30pm**  
**Open to all in the Peninsula Region**  
Reach out to Nick Guzman to Attend Virtually!  
**February 28<sup>th</sup> - Thurston County**  
**Drop-In Hours 12pm-4pm**  
711 NE State Ave Olympia, WA 98506

## Contact us!

- Veneza Tena  
ILS/SETuP Program  
Coordinator  
360-515-6559
- Alyssa Lyngaas  
ILS/SETuP Case Manager  
360-701-4429
- Nick Guzman  
The Mockingbird Society  
Outreach and  
Engagement Manager  
971-259-8625