

# 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.**

## Happy Holidays from ILS!

It is officially the holiday season, and however you choose to celebrate, ILS is here to support you with resources to help manage your mental health through what can be a stressful time of year. We are also sharing an opportunity through CYS from our Community Engagement Team and an update for those who are participating in the Winter Wonders Drive!

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

[Budget Bytes](#)

[Goblin Tools](#)

## Mental Health Resource

Mental Health America has published a website with resources for getting through potential rough times ahead through the holiday season as far as mental health goes. These resources include Warmlines, non-crisis lines you can call to chat with someone when you are feeling lonely, MHA's Inspire Communities, online communities for people to share interests and encouragement 24/7, Online Anxiety and Depression Support Groups, Suicide and Crisis Lifelines, and more. Please check out their website for more information at [Mental Health America!](#)



### Dates to Remember:

**December 4<sup>th</sup> - Mason County Drop-In**  
**Hours 12pm-4pm**

601 W Franklin St. Shelton, WA 98584

**December 11<sup>th</sup> - Lewis County Drop-In**  
**Hours 12pm-4pm**

414 N Tower Ave Centralia, WA 98531

**December 26<sup>th</sup> - Mockingbird Olympia**  
**Chapter Meeting 3:30pm-5:30pm**

**Open to all in the Peninsula Region**

Reach out to Nick Guzman to Attend Virtually!

**December 27<sup>th</sup> - Thurston County**  
**Drop-In Hours 12pm-4pm**

711 NE State Ave Olympia, WA 98506

## Contact us!

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- Nick Guzman  
The Mockingbird  
Society Outreach and  
Engagement Manager  
971-259-8625

## Community Youth Services Updates

An Opportunity for our participants:

We have a limited number of free tickets available for participants of CYS services to see Ballet Northwest's The Nutcracker. There is a maximum of 4 tickets allowed per family. Please reach out to your case manager by December 11<sup>th</sup> if you are interested for more information.

Winter Wonders Update:

We have now closed the sign-ups for our Winter Wonders Drive and are working with donors to match wish lists to donors. We are asking donors to have all gifts ready and to the main CYS office by December 15<sup>th</sup>, and our program will be working on distributing gifts on the week of 12/18-12/22. Please be looking for more information from your case manager about gift distribution.