

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.

Resource Fair!

This month we are highlighting a couple of online resources that will be joining our newsletter resource list. Both of these websites are resources that our team feels offer useful tools to young people as they work towards independence.

For young people actively participating in our ILS program, remember you have until November 15th to submit a form for CY5's Winter Wonders drive, our annual holiday drive where CY5 matches participants anonymously with donors to receive holiday gifts. Reach out to your case manager if you are interested.

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](#)

Budget Bytes

This website is a great resource for anyone who wants to cook more but struggles with the basics, or anyone who is just looking for fun new recipes to try. There are recipes for all skill levels available, and each recipe gives a full shopping list, complete with a price breakdown per recipe and per plate. The website features a search engine, so you can find exactly what you are looking for, or you can browse free recipes by similar cooking methods, similar ingredients, seasonal recipes, regional recipes, or find purchasable meal plans that come with 4 weeks of recipes and grocery lists.



Dates to Remember:

November 6th - Mason County Drop-In
Hours 12pm-4pm

601 W Franklin St. Shelton, WA 98584

November 13th - Lewis County Drop-In
Hours 12pm-4pm

414 N Tower Ave Centralia, WA 98531

November 22nd - Thurston County
Drop-In Hours 12pm-4pm

711 NE State Ave Olympia, WA 98506

November 28th - Mockingbird Olympia
Chapter Meeting 3:30pm-5:30pm

Open to all in the Peninsula Region

This meeting is only offered virtually

Contact us!

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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

Goblin Tools

This is a multipurpose website with six different tools that may help those who struggle with knowing how to do what is often being referred to as “Adulthood.” The first tool is a Magic To Do list. You tell the tool what task you need to do, and how “spicy” you need your list (or how many steps you may need) and the tool creates a to do list for you. You can then edit your to do list to your liking, but for those who struggle with finding where to start, this tool can be a great place. The second tool is a Formalizer. Just type whatever you are trying to say into the Formalizer and this tool will give you the formal version of your own words (for those who are not well versed in professional speech). There is also a Judge tool, for asking what tone your text gives off (or the texts of your friends), and an Estimator, for estimating how much time a task will take. Next is the Compiler tool, which allows you to ramble off all the thoughts in your head, where the tool will then turn it into a list of tasks. The last tool is the Chef tool. This tool allows you to list what ingredients you have and in return get a full recipe and instructions for a meal to make. The website is free to use, and there is a mobile app for android and apple phones, which is not free, but purchase of the app supports keeping the website up and running.