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

ILS Drop-In Hours will be postponed until further notice

Mason County Drop In
3/4/20 from 12:00pm-2:00pm & 3/25/20 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: 3/17/20
Leadership Team Meetings: 1st Tuesday Monthly from 12:30-2:30 pm
Contact Ileana Areiza for Leadership Team opportunities: 253-348-2625
Office of Equal Opportunity
HIGHWAY CONSTRUCTION/TRADES SCHOLARSHIP/TUITION ASSISTANCE PROGRAM**

Applications are being accepted NOW for Scholarships! Apply early for best consideration. WHO: Residents of Washington State that are females, minorities, or socially and economically disadvantaged.

YOU MAY QUALIFY IF YOU WANT TO:
1. Enter one of the construction trades
   AND
2. Work in the highway construction industry, and need help paying for the cost of training*.

ELIGIBLE TRades
- Carpenter
- Electrician
- Cement Mason
- Painter
- Truck Driver
- Iron Worker
- Heavy Equipment Operator
- Pile Driver
- Laborer
- Heavy Equipment Mechanic

MAXIMUM SCHOLARSHIP IS $4,000
*Program costs covered can be full or partial assistance.
Other costs that are considered: books and supplies needed for program completion.

HOW TO APPLY:
1. Be enrolled in, re-enroll in, or find a program that you want to attend, and apply for admission.
2. Complete the application (located here) and submit to OJTSSinfo@wsdot.wa.gov along with a copy of your valid Washington State photo ID.
3. Make sure you include your letter of acceptance or enrollment into the program of your choice.
4. Fill out the application carefully and completely. Incomplete applications will be returned to you.

**The scholarship provides assistance to help pay for approved training. WSDOT scholarship funds do not assist with training or job placement.

For WSDOT job information and openings http://www.wsdot.wa.gov/employment/
About the Program: The WSDOT OJT/SS Highway Construction Trades Scholarship Program is designed to assist female, minority, and socially/economically disadvantaged individuals that are residents of Washington State who want to pursue training through an approved program** that leads to employment in highway construction. Scholarship application found here http://www.wsdot.wa.gov/EqualOpportunity/scholarship.htm

Americans with Disabilities Act (ADA) Information: This material can be made available in an alternate format by emailing the Office of Equal Opportunity at wsdotada@wsdot.wa.gov or by calling toll free, 855-362-4ADA(4232). Persons who are deaf or hard of hearing may make a request by calling the Washington State Relay at 711.

Title VI Notice to Public: It is the Washington State Department of Transportation’s (WSDOT) policy to assure that no person shall, on the grounds of race, color, national origin, or sex, as provided by Title VI of the Civil Rights Act of 1964, be excluded from participation in, be denied the benefits of, or be otherwise discriminated against under any of its federally funded programs and activities. Any person who believes his/her Title VI protection has been violated, may file a complaint with WSDOT’s Office of Equal Opportunity (OEO). For additional information regarding Title VI complaint procedures and/or information regarding our non-discrimination obligations, please contact OEO’s Title VI Coordinator at (360) 796-7080.

https://www.wsdot.wa.gov/EqualOpportunity/scholarship.htm
Buses in Thurston County are zero-fare beginning January 1st, 2020.

What does this mean?

This means that you won’t have to come into CYS to pick up a bus pass! You will be able to ride fare-free beginning on January 1st!!

Find more information about Zero Fare at:
https://www.intercitytransit.com/zerofare
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

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
Future and Current College Students

Financial Aid Award Letters
By this time you might have already received a financial aid award letter from your college's financial aid office. As a college student, you are responsible to let financial aid office staff know which financial aid (grants, scholarships, work-study, loans, etc.) you would like to accept. If you are unsure of which financial aid to accept, it is highly recommended to accept financial aid funds you don't have to pay back after graduating from college. The rule of thumb is to accept grants and scholarships first, then work-study or earned money, and lastly borrowed money like federal student loans. Check out the below table originally from the Federal Student Aid website:

<table>
<thead>
<tr>
<th>Order in Which to Accept Aid</th>
<th>Type of Aid</th>
<th>What to Keep in Mind</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Scholarships and Grants</td>
<td>Make sure you understand the conditions you must meet (maintaining a certain GPA, etc.).</td>
</tr>
<tr>
<td>2</td>
<td>Work-Study</td>
<td>You don't have to pay the money back, but you do have to work for it, so take into account that’ll mean less time for studying.</td>
</tr>
<tr>
<td>3</td>
<td>Federal Student Loans</td>
<td>You’ll have to repay the money with interest. Subsidized loans don’t start accumulating interest until you leave school, so accept a subsidized loan before an unsubsidized loan.</td>
</tr>
<tr>
<td>4</td>
<td>Loans from WA State or Your College</td>
<td>You’ll have to repay the money with interest, and the terms of the loan might not be as good as those of a federal student loan. Be sure to read all the fine print before you borrow.</td>
</tr>
<tr>
<td>5</td>
<td>Private Loans</td>
<td>You’ll have to repay the money with interest, the terms and conditions of the loan almost certainly will not be as good as those of a federal student loan.</td>
</tr>
</tbody>
</table>

If you have not received an award letter from your college's financial aid office make contact with them as soon as possible. Check out the Federal Student Aid website for more information - [http://studentaid.ed.gov/fafsa/next-steps/accept-aid](http://studentaid.ed.gov/fafsa/next-steps/accept-aid).

Upcoming Scholarship Deadline: Tuesday, March 31st — Foster Care to Success Scholarship


If you have any questions or need support with your education and career goals contact Tia Stoner, SETuP Case Manager, at 360-918-7812 (desk), or 360-480-9266 (cell), or tstoner@communityyouthservices.org
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: March 17th, 2020 (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
Together We’re Kick’n Cancer

10th Annual Tumwater Boys Soccer Cancer Awareness Soccer Match

March 9th 5:30 pm – 9:30 pm: Tumwater District Stadium 603 Dennis St SW, Tumwater WA, 98501

Donations of any amount are accepted and proceeds go to the American Cancer Society

It Takes A Village

4th Annual Birth and Parenting Expo

March 28th 11:00 am - 4:00 pm

Olympia Center

222 Columbia Street NW, Olympia WA, 98501

Learn about a wide variety of local resources for birth and parenting
Self Care

5 Minute Self-Care Exercises

1. Take a walk around the block
2. Focus on your breathing
3. Write down your thoughts on paper
4. Make yourself a cup of calming tea
5. List the things you're grateful for
6. Stretch
7. Call a friend for a chat
8. Listen to cheerful or calming music
9. Rehydrate with a glass of water
10. Read or watch something that makes you laugh
Pesto Pasta

Ingredients:

- 1/2 Cup Chopped Onions
- 2 1/2 Tablespoons of Pesto
- 2 Tablespoons of Olive Oil
- 2 Tablespoons of Grated Parmesan
- 16 oz of Pasta
- Salt and Pepper to taste

Instructions:

- Cook pasta and drain
- In a pan add the onions, salt, pepper and pesto and cook over medium heat for 5 minutes or until the onions are soft
- Mix pesto and pasta together in a large bowl and stir in the parmesan cheese

Prep Time:

- 5 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.
Sex Talk

Pick Your Protection

internal condom

finger cot

gloves

condom

dental dam
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

- Find us online
- Call or text 844.888.5465

Get connected with a dental appointment.

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

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

Connecting people to dental care in their community.
Contact Information

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