

INN Weekly Update March 1, 2024

Greetings Issaquah & Sammamish Nourishing Networks,

Next INN meeting: Online, Tuesday, March 19, 2024 3:00pm - 4:30pm. We're flipping the format so everyone will have a chance to share updates, news, asks and introductions -

- Round Table information sharing from the group
- Guest Speaker from [Communities in Schools](#), now part of the Issaquah School District.
- Zoom link will be emailed the day before the meeting

Please visit the [INN website](#) for a more complete list of events, programs and resources, as well as an archive of past weekly updates.



FOR YOUR CALENDAR

1. The Circle: Community Center Grants Information Session in Spanish Monday, March 4, 2024 6pm - 8:30pm El Centro Comunitario de Issaquah ofrece becas para pagar programas como clases de natación y campamentos de verano. La inscripción para las clases y programas de verano comenzará el 16 de marzo, si deseas solicitar una beca deberás hacerlo antes de esta fecha. Durante este evento, The Circle estará ayudando a familias a completar el formulario necesario para solicitar una beca. ¡Ven a esta junta para que puedas inscribir a tus hijos en divertidos programas de verano!

The Issaquah Community Center offers scholarships to pay for programs such as swimming lessons and summer camps. The registration for the Summer classes and programs will start on March 16, if you want to apply for a grant you need to do this before this date. During this event, The Circle will be assisting families to fill out the form needed to apply for a grant. Come to be able to register your children in fun summer programs!

2. Essentials First: Assistance with Applying for Health Insurance Tuesday, March 5, 2024 11am - 3pm Need health insurance? Sandra Romero from [Community Health Plan of Washington](#) will be at Essentials First in Bellevue 11 AM-3 PM March 5 offering in-person support for finding and applying for a plan. NO APPOINTMENT NEEDED! Flyer in [ENGLISH](#) Flyer in [SPANISH](#)

3. Kindering: Parent Education Opportunities Online, Free in March 2024

- Temperament in Early Childhood Tuesday, March 5, from 6:30-8PM
- Parent/Caregiver Support Group: Raising Young Children Wednesday, March 6, from 1-2PM
- Foundations of Literacy Wednesday, March 20, from 6:30-8PM
- Strategies for Supporting Early Language Development Wednesday, March 27, from 6-7:30Pm

4. Issaquah Youth Advisory Board: State of Mind Conference Sat., March 9, 2024 2pm - 4:30pm Have you ever felt completely in over your head with work? Or have you experienced a million thoughts zooming through your head? Are you looking for healthy strategies to relieve

the stresses of life? Well, the solution is within your grasp! Our conference, for students and parents, centers around raising awareness of teen mental health issues and using productive and calming techniques! Join us at our annual State of Mind conference, where our expert speakers will highlight topics Teen Depression and How to Seek Help * Teen Anxiety and Stress Relieving Tips 8* Burnout at School and Beyond * Yoga for Mindfulness * Art therapy * Trauma and healing methods. **Please RSVP.**

5. MAPS/MCRC: Community Clinics March 9, 2024 Medical care, dental care, pet care, vaccines and more! All services are free or offered on a sliding scale.

6. IFCB: ONE-TIME DONATION DROP-OFFS: Sat. March 9, 9:30am – 12pm & Thurs. March 14, 1pm – 3:30pm The need is growing! You can help by donating food at our off-site warehouse. If you'd like to do a one-time donation drop-off, **please bring your food and personal care items from our Emergency Needs List to our warehouse ONLY during scheduled days and times** Warehouse location: AtWork (930 7th Ave NW, Issaquah, WA 98027)

7. KCLS: Washington Health Outreach_Sunday, March 10, 2023 11:00AM – 3:00PM Renton Library is partnering with Washington Health Outreach for free and low-cost veterinary care for community members in need. Washington Health Outreach will be set up in the parking lot of the library. *First come, first served. Visit the [website](#) for a full schedule and list of available services.*

8. ISD: Families New to U.S. Schools: Kindergarten 2024-25 Info Night Wed., March 13, 2024 6:30pm Online The Family Partnership Team will host an informational event for kindergarten families that are new to the U.S. public school system, for kindergarten families entering our schools in the 2024-25 school year. Information will include Kindergarten preparedness, general school day schedule, classroom general information, transportation, immunization, on-site before and after school care program and the differences between school systems in the U.S. and some other countries. *Please register.*

9. KCLS & Solid Ground: Rent Smart Tenants' Rights Wed., March 13, 2024 3pm - 4:45pm Rent Smart: Information for Survivors of Domestic Violence * Wed., March 27, 2024 5:00pm - 6:00pm Rent Smart: Breaking a Lease Solid Ground's tenant counselors offer workshops for current and future renters. Know and assert your rights as tenants, navigate the housing search and landlord screening process, protect yourself from eviction and housing loss, and learn how to get deposits back and repairs made. Online workshops will be held twice a month and will cover a variety of topics in English and Spanish. Please visit <https://1.kcls.org/RentSmartOnline> for upcoming topics and to register for a workshop. If you are currently living in King County and being threatened with eviction, contact the Housing Justice Project for legal assistance at 206.267.7069 or hjpstaff@kcba.org. Reasonable accommodation for individuals with disabilities are available upon request.

10. KCLS: Renton Library Resource Days Fri, March 15, 2024 11:00AM – 2:00PM Renton **View all dates** For community members in need of support. Local social support providers will help connect you to resources such as healthcare, addiction recovery, free job training, access to ORCA cards, a free phone, gently used clothes, hygiene kits and free lunches (while supplies last). Flyer [here](#) *Registration not required.*

11. KCLS: Hopelink's Let's Talk About Finances / Hablemos de finanzas * CHANGE IN DATES * Issaquah Library

Miércoles, 27 de marzo, a las 6pm. Taller financiero para inmigrantes y refugiados en español. Durante este programa, construirá una base sólida para administrar su dinero, acceder a productos financieros, comprender el crédito y salvaguardar sus finanzas. También desarrollará habilidades y ganará la confianza para navegar productos y servicios financieros desconocidos. Presentado por Hopelink. No es necesario registrarse.

Wednesday, March 20, 6pm Financial Workshop for Immigrants and Refugees in English Learn how to build a solid foundation for managing your money, accessing financial products, understanding credit and safeguarding your finances. Develop skills and gain confidence in navigating unfamiliar financial products and services. Presented by Hopelink. *Registration not required.*

12. The Circle: Metro Flex Info Session in Spanish Wed, March 20, 2024 6pm En este taller explicaremos el servicio Metro Flex, que es un servicio de transporte que se ofrece en las comunidades de Issaquah, Sammamish, Renton y otras. Metro Flex es similar al servicio de taxis. Pero cuesta lo mismo que los autobuses públicos, \$1.00 para adultos mayores (65+años), \$2.75 para adultos (18+ años), gratis para menores (-19años). Los niños a partir de los 13 años pueden viajar solos. Ven y aprende cómo utilizar este servicio desde una aplicación en tu teléfono. Esta presentación será en español.

In this workshop, we will explain the Metro Flex service, which is a transportation service offered in the communities of Issaquah, Sammamish, Renton, and others. Metro Flex is similar to the taxi service. But it costs the same as public buses, \$1.00 for seniors (65+ years old), \$2.75 for adults (18+ years old), and free for minors (-19 years old). Children from 13 years old can travel alone. Come and learn how to use this service from an app on your phone. This presentation will be in Spanish.

13. KCLS: Drop-In Employment Help Desk Issaquah Library Thurs, March 21, 2024 10am - 12pm Receive one-on-one support from a professional Hopelink Employment Specialist on resume building, cover letters, job search strategies, interview preparation and more. Ages 18 and older. First come, first served. [View all dates](#)

14. NAMI Eastside Youth Mental Health Conference March 22, 2024 Join us at the Together Center in Redmond for an event celebrating youth mental health awareness. Featured programming will include: * A resource fair featuring our partner organizations serving youth around the community * Project presentations from some of NAMI Eastside's Youth Ambassador team * Workshop on how youth can get involved in mental health advocacy on a government level * and more!

15. Public Health's Kent COVID-19 Vaccination Clinic will close after Saturday, 3/30/24 due to a decrease in federal funding. **Snoqualmie Valley Hospital will also close its COVID-19 drive-through vaccination site on March 30.** Information to access Kent Clinic before March 30, and what you can do after March 30 [HERE](#)

16. HopeFest March 30, 2024 Bellevue Highland Community Center 3pm - 7pm The annual Hope Festival is an event supporting families across the Eastside. Hopefest not only provides more than 1,000 guests with free groceries, clothes, hygiene items, and books; but also provides clients with free services such as haircuts, dental care, vaccinations, health screenings, and much more. Everyone is welcome to enjoy the refreshments being served, or even pick up a club for a game of mini golf with the family.

17. **The Circle: Drug-Free World Seminar Wed., April 17, 2024 6pm** Kelly Richardson, a volunteer with a Drug-Free World, a non-profit, will empower youth and adults with factual information about drugs so they can make informed decisions and live drug-free. No one likes to be lectured about what he or she can or cannot do. Thus, Drug-Free World provides the facts to empower individuals to choose not to take drugs in the first place. Additionally, participants will be able to take free drug information booklets containing facts about the most commonly abused drugs available in 22 languages. Please reserve your seat.

RESOURCE INFORMATION AND UPDATES

18. **Friends of Echo Glen: NEEDED - Carry on Suitcases** Echo Glen security is changing parameters to further keep everyone safe. We need to replace the suitcases that we currently use to bring art and Community Service Social materials with airline-approved sized carry-ons. Looking for new or gently used ones with rollers & handles no bigger than 10in x 16in x 24in or 3840 cubic inches. Email info@echoglen.org. Thanks for considering if you can help.

19. **Catholic Community Services: NEEDED - furniture and household items.** From Geoff Goucher, a case manager with Catholic Community Services/Catholic Housing Services in Renton: I am working with 13 new clients who are moving into a new apartment building starting around the 1st of March. I am looking for furniture for these clients, many of whom do not have any furniture at all. I am also looking for personal items such as hygiene supplies : soap, laundry detergent, toothpaste and other items along those lines. Please feel free to contact me if you have access to any items, especially furniture. Contact Geoff Goucher <GeoffG@ccsw.org> with any questions or offers.

20. **Issaquah Senior Center The March Newsletter is here!** We have tons of resources, events and classes. Be sure to check out the [lunch menu](#) to see what is being offered daily!

21. **King County Mobile medical and dental van schedules - March 2024 Schedule** Please check daily for the most updated information. This program provides walk-in care for people who are living homeless (or were recently homeless) only. *Please try to arrive at least one hour before the scheduled end time for the clinic.* On rare occasions the clinic will close earlier than the scheduled time. Call the Mobile Van nursing lines if you would like to confirm the clinic end time for a particular day.

22. **Family Peer Navigation** If you identify as a Black/African American, are 18 years and older, and have concerns about your loved one's mental health, you are potentially eligible for the services provided by our Family Peer Navigators. **FPNavigator Pilot:** These services are provided free of charge as part of a study funded by the National Institute of Mental Health. If you have questions about the study or would like to partner with us, please contact the principle investigator, Dr. Oladunni Oluwoye at oladunni.oluwoye@wsu.edu.

23. **CHILD CARE AWARE OF WASHINGTON FAMILY CENTER** The Child Care Aware of Washington Family Center is a statewide call center that helps families find licensed child care providers, navigate child care financial assistance options, and find alternative forms of care. MORE INFO: Call 1.800.446.1114 or email familycenter@childcare.org for help over the phone in multiple languages.

24. **Doney Coe Pet Clinic Now Open at 1101 Airport Way South, in the SoDo neighborhood.** The company has been providing essential veterinary services free of charge to pet owners who are homeless or earn a lower income since 1986. Doney Coe has been operating

out of a temporary space since it lost its permanent location nearly a year ago. The partnership with King County has allowed the clinic to have a permanent space once again.

COMMUNITY ENGAGEMENT OPPORTUNITIES

25. PorchLight Volunteer Orientation March 16, 2024 PorchLight volunteers provide critical support to our staff and the men we serve. Each year dozens of volunteers donate and serve meals, give time and skills, and support PorchLight financially. Help us increase our impact by volunteering at PorchLight. Take the first step and attend a volunteer orientation.

26. Issaquah Food & Clothing Bank Open Position Program Coordinator This essential role coordinates all aspects of IFCB special programs, including home delivery, youth programs, holiday gift support program, and our KidVantage clothing partnership program

FOR NONPROFITS

27. Eastside Cities Human Services Grants open March 4th – April 8th Nonprofits operating in North, South, and East King County can apply for human services funding via the Human Services Funding Collaborative, also known as **Share One App**, for funding in 2025 and 2026. To apply for funding, nonprofits must have human services operations in the cities of Auburn, Bellevue, Burien, Covington, Des Moines, Federal Way, Issaquah, Kenmore, Kent, Kirkland, Redmond, Renton, Sammamish, SeaTac, Shoreline, or Tukwila. For information about the application process, video tutorials, application questions and more, visit online [here](#). There will be two funders workshops on March 5 and 6 for new applicants and those who wish to refresh their memories on the application process. The two workshops will have the same content.

- **Tuesday, March 5**, 10:30 am - 12:00 pm, Redmond City Hall, Council Chambers, 15670 NE 85th St, Redmond, [register here](#)
- **Wednesday, March 6**, 1:00 pm - 2:30 pm Kent City Hall, Council Chambers, 220 4th Ave S, Kent, [register here](#)

28. Non-Best Starts Funding Opportunities - March and April 2024 Deadlines At Best Starts we are working to build long-term sustainable supports for our community so that every baby born and child raised is happy, healthy, safe and thriving. Part of building sustainable systems is recognizing we can't do it all on our own. We will always promote our Best Starts funding opportunities here on the blog and our [website](#). **But now we're also highlighting funding opportunities from other agencies and organizations that support groups that promote the health and well-being of our babies, children, and young people.**

29. BSK: Transformation, Healing & Liberation in Reflective Practice workshop series for providers! Register by March 20 The application of reflective practice can bring meaningful experiences to families in the community and drive organizational change that promotes social justice. Strong reflective practice can center the healing capacities of all bodies and all relationships.

30. Leadership Eastside Applications accepted now for the class of 2026 - starts August 2024. LE offers leadership development experiences that engage our community, invite all perspectives are grounded in the practical skills of Adaptive Leadership, Systems Thinking,

Thrival, Gracious Space and Racial Equity. We co-create a more just and equitable Eastside by developing leaders who understand what makes a healthy community and equipping them with skills to manage adaptive challenges.

Be well,
Kim Weiss
she/her