

INN Weekly Email Update March 15, 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. IFCB: ONE-TIME DONATION DROP-OFFS: Mon. 3/18, 1:00 – 3:30p & Thurs. 3/28, 1:00 – 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)
- 2. NAMI Eastside: NeuroStim TMS Centers: Shining Light Into Dark Places March 26, 2024 7pm** Hear about trans-cranial magnetic stimulation treatment for depression from Kari Armour from NeuroStim.
- 3. KCLS Tech Help for Seniors Saturday, March 30, 2024 11:15am – 12:15pm Newcastle Library** Tech savvy volunteers will provide one-on-one help for Windows, Mac, Android and iOS. Bring your smart phone, iPad or laptop and your questions. Presented by [TeensWhoCare.us](#). *Please register. Also April 27 and May 25, 2024*
- 4. IFCB: Lunch For The Break: Thursday, April 4, 2024, 1:00–7:00 p.m.** Lunch for the Break provides nutritious breakfast, lunch, and snack options for children attending school in the Issaquah School District. The program helps alleviate hunger during school breaks by providing a week's worth of free grocery items for students to be able to prepare breakfast, lunch, and snacks for themselves. Open to all families with children attending school in the Issaquah School District **or** who live in ZIP codes 98027, 98029, 98059, 98074, and 98075. Register Today
- 5. KCLS: Free Tax Help by AARP Foundation Renton Highland and Issaquah Libraries.** Free individualized tax preparation assistance provided by trained AARP volunteers. No age or income limits.
 - **Renton Highlands Library: View all dates through April 11, 2024.**
 - **Issaquah Library: View all dates - Flyer for Issaquah Location through April 13, 2024**
- 6. KCLS: Getting Started with Credit April 16, 2024 6:30pm Online** Take control of your credit with a Hopelink Financial Coach. Learn how to safely pull and read your credit report.

Explore what credit is, ways you are using credit and what areas you would like to improve. Please register.

7. KCLS: Support, Learn and Share: How to Show Up for the LGBTQIA+ People in Your Life April 17, 2024 6pm Online Join an interactive conversation with Seattle PFLAG representatives! Learn about the resources and local support networks available for those with LGBTQIA+ people in their lives. Whether you have a trans friend, a queer sibling, a gay co-worker, this is a safe space to learn, share and grow together.

8. Friends of Echo Glen: Community Service Socials April 18 | Polymer necklaces to men and women in the residential recovery program at [Dream Center](#). Chat with 3 or 4 youth while helping them with a project that helps others.

9. KCLS: Drop-In Job Help with PEER Kent Renton Library Fri, April 19, 2024 10am - 1pm A Peer Kent employment specialist will be available to assist with resumes, cover letters, job applications and more. *Drop in. Registration not required.*

10. Hopelink: Tax Help 2024 Free Tax Preparation at Bellevue, Redmond, and Shoreline! Hopelink is hosting three tax sites this year in partnership with the United Way of King County free, in-person tax preparation services. **Through April 21, 2024**

11. KCLS: Understanding Credit and Credit Scores April 23, 2024 6:30pm Online Take your credit knowledge to the next level in the second part of this credit series lead by a Hopelink Financial Coach. Learn what impacts your credit score and why it's important to make sure your credit report is accurate.

12. YWCA: Annual Stand Against Racism Virtual Fri., April 26, 2024 Join YWCA Seattle | King | Snohomish and Town Hall Seattle for an afternoon discussion about the past, present, and future of social justice activism on a local, national and international scale. This year's theme is *Sankofa: Looking to Our Past as We Build Our Future*. Hear from keynote speaker Elmer Dixon (Activist and Co-Founder of the Seattle Chapter of the Black Panther Party) as well as a panel of community leaders including: Thy Nguyễn, LueRachelle Brim-Atkins, Dr. Benjamin Danielson, Hyeun Park (박혜은), Guadalupe Mabry, DonYeta Villavaso-Madden. This virtual event is FREE but registration is required.

13. NAMI Eastside: Mental Health First Aid April 27 & 28, 2024 In Person Mental Health First Aid is a course that teaches you how to identify, understand, and respond to signs of mental illnesses and substance use disorders. The training gives you the skills you need to reach out and provide initial help and support to someone who may be developing a mental health or substance use problem or experiencing a crisis.

14. KCLS: Building and Protecting Your Credit April 30, 2024 6:30pm Online This is the last workshop in a three-part credit series lead by a Hopelink Financial Coach. You will use the information from the first two sessions to explore ways to build and protect your credit in the future. Please register

RESOURCE INFORMATION AND UPDATES

15. Issaquah Community Services: VOLUNTEERS NEEDED! ICS provides emergency financial aid for rent and utilities to individuals and families facing temporary hardship. We are dedicated to fostering stability, dignity, and hope by addressing the immediate needs of our neighbors so they can have a secure environment in which to thrive. Our assistance is available

to residents of Issaquah, much of Sammamish and Newcastle, and parts of Renton, Bellevue and Maple Valley. Volunteers are always needed. Our office is open 9am - 11am, weekdays.

16. Plateupians For Peace: Support Group for Parents of LGBTQI+ Youth 3rd Monday Monthly 6:30pm - 8:00pm Join us for the opportunity to meet other parents of queer youth and adults, have a safe space to be heard, find and share resources for yourself, your family, and your children, and be a member of a welcoming group of parents and caregivers.

FOR NONPROFITS

17. Fur Friendly Conference March 26 - 28 Online My Dog Is My Home's Co-Sheltering conference aims to create a virtual space where advocates, providers, policymakers, and people with lived experience can work hand in hand to redefine the landscape of care and transform pathways to housing for people and animals together. [Click here](#) to sign up, Scholarships are available.

18. Seattle/King County Coalition on Homelessness: [Working Families Tax Credit – March 28th, 2024 Public Benefit Trainings](#) In partnership with Solid Ground's Benefits Legal Assistance and REACH, we are pleased to host the Public Benefits Are Key! training series. This series is geared towards case managers working with people experiencing homelessness – both new case managers as well as experienced providers who have questions and would like additional support in navigating these resources. You will learn what you can do as a case manager to help your client navigate the benefits process, hear key tips for avoiding barriers, and learn when to contact an attorney. This will be a practical, hands-on training.

19. KCRHA: Coordinated Entry System Training April 4, 2024 2pm The Coordinated Entry (CE) Team now offers virtual Assessor Credential Training (ACT). This new monthly training will cover the Coordinated Entry system, housing resources, service matching, and how to nominate your client for resources. The ACT will include a 30-minute HMIS demo with the basic assessor workflow. The training provides valuable tips to navigate the system for clients. The ACT is available for all new assessors, current active assessors, and any provider matching clients to housing resources. Sign up for a session and learn more on the Bitfocus website [here](#)

20. WA Dept of Health Survey of Healthcare for Teens and Young Adults If you provide health care services to teens and young adults, we want to hear from you! Share your thoughts on delivering health care to young people with the Department of Health so we can improve our programming.! Eligible providers can take an anonymous online survey, register for a listening session, or schedule a key informant interview. Follow [this link](#) for more information

21. Nonprofit 2024 Compensation & Benefits Survey Open Until April 5, 2024 The Nonprofit State Associations of the Pacific Northwest--Idaho Nonprofit Center, Nonprofit Association of Oregon, Nonprofit Association of Washington, Montana Nonprofit Association, and The Foraker Group (Alaska)-- invite **all exempt/nonprofit organizations** in the region to participate in the 2024 Compensation & Benefits Survey! The data you submit will serve your organization and the broader nonprofit community. Getting more responses and more data gives us the opportunity to share the best and most complete information with you! Collectively, we will be better informed with accurate data points to guide compensation and benefits decision-making for and about our greatest assets – our employees.

22. King County RFP: Expanding Adult Mobile Crisis Service in King County Apply By April 23, 2024 This Mobile Rapid Response Crisis Teams (MRRCT) RFP is seeking organizations

interested in expanding mobile crisis teams and follow-up services to meet the needs of adults experiencing a behavioral health crisis in King County. Behavioral health providers with experience and the ability to provide culturally compassionate, community-based, and trauma-informed services to individuals in a behavioral health crisis are encouraged to apply.

Be well, and hope to see you Tuesday,
Kim Weiss
she/her