

GROUP MENTORING

Helping local youth engage in healthy activities and feel a sense of belonging is at the core of JLSFRC's mission. Thanks to a grant from the WA State Department of Health, the center's Youth Mentoring Program has expanded to provide three new after school mentoring groups for elementary school students in grades 1 - 5. Launched in February, the program has a robust enrollment of 28 students. Program Coordinator Carmen Orozco enjoys picking up her young participants at Friday Harbor Elementary School and walking back to the Resource Center three afternoons a week. During group sessions, the students enjoy art projects, literacy activities, outdoor play and nutrition education. Most importantly, they spend time making new friends, talking about what is on their minds and having a supportive place to dream big!



If you would like to support these ongoing programs, please:



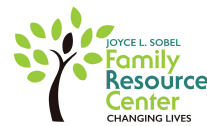
<https://www.sjifrc.org/donate>

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 Mary Blevins, Energy Assistance Specialist
 Colleen Clancy, Island Neighbors Coordinator
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 Adriana Gonzalez, Community Health Worker
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CHANGING LIVES

The newsletter for the Joyce L. Sobel Family Resource Center

"I have been trying to make changes on my own for 7 years now with no luck. My life has gotten better ever since the day I walked into the cafe."



PEOPLE EMPOWERING PEOPLE



"I don't feel judged here and I feel like I can be myself and people still like me."

A PLACE FOR HEALING AND CREATING COMMUNITY

The Resource Center's New Day Recovery Café opened last November as a space where islanders of all backgrounds can be part of a peer-supported recovery community. Launched with start-up funding from the WA Healthcare Authority, the café provides healthy meals, conversation, wellness activities and creative workshops such as journaling. New Day Recovery Café is for anyone in the community who is going through a personal healing process, including recovery from social isolation, grief and loss, mental health struggles, substance use and more. Participation is free, and the only requirement for joining in café activities is being free of drugs and alcohol for 24 hours prior to participating. Visitors are welcome - please call (360) 472-2282 for more information.

Meal time at the café is one of the most valuable ways to show radical hospitality and to show people they are valued and worthy of love. The Recovery Cafe serves a simple meal (soup, chili, or casseroles with salad and bread) on Tuesdays at 12PM and on Friday evenings at 5 PM. If you would like to donate a meal, please visit our Meal Train at: <https://www.mealtrain.com/trains/5v4k4w>

Joyce L. Sobel Family Resource Center • (360) 378-5246

SERVICES

- Household Essentials
- Island Neighbors
- Household Weatherization
- Emergency Rental Assistance
- Project PAL
- WA Telephone Assistance Program
- Recovery Café



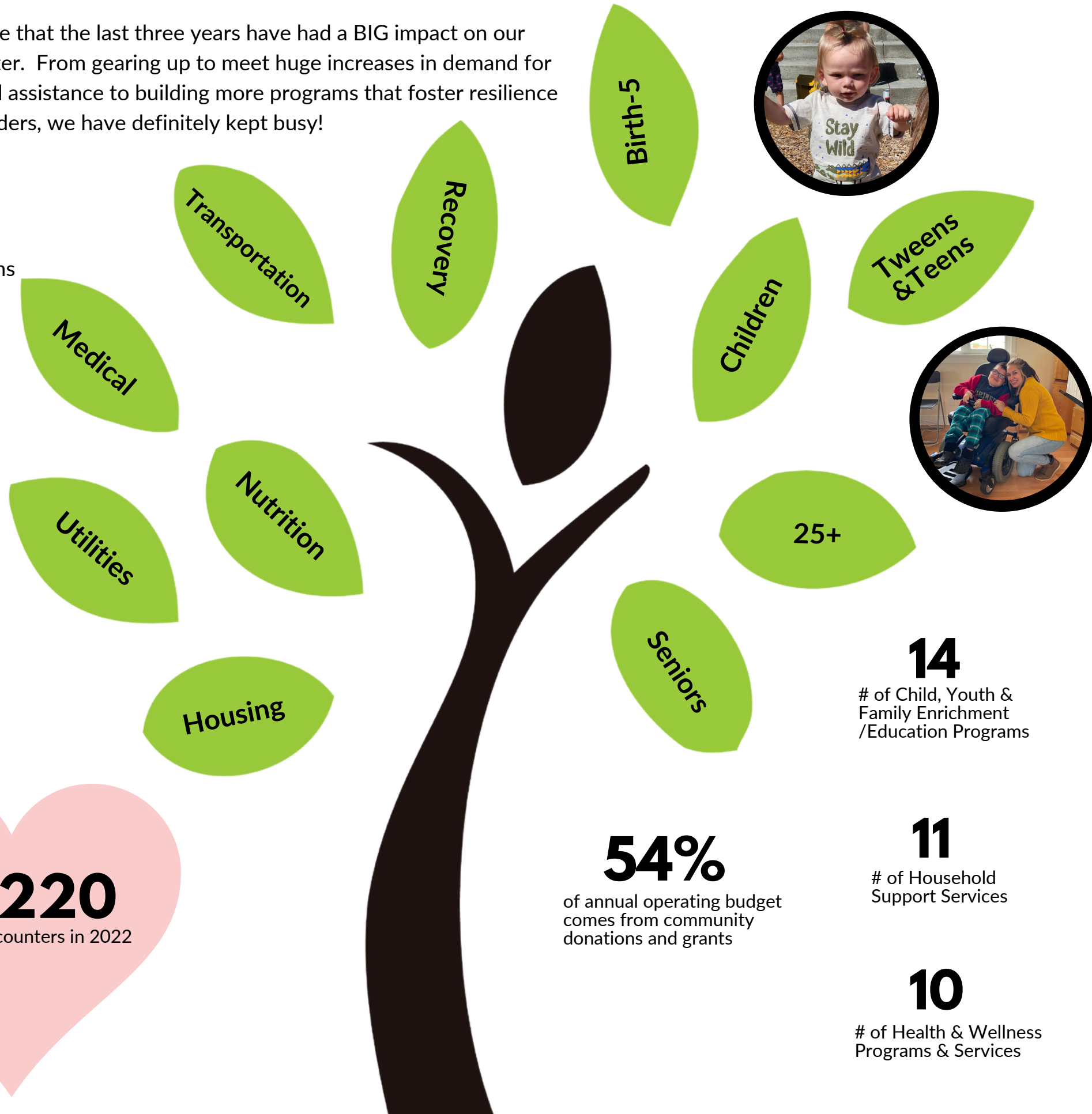
- Medical Bill Navigation
- Medical Transport
- Community Healthy Worker
- Ground Transportation
- Emergency Transportation Needs
- SJC Transportation Voucher Program

It comes as no surprise that the last three years have had a BIG impact on our Family Resource Center. From gearing up to meet huge increases in demand for emergency household assistance to building more programs that foster resilience and wellness for islanders, we have definitely kept busy!

Are you wondering about what types of services and programs the JLSFRC offers? Here's a look:



26,220
of service encounters in 2022



PROGRAMS

- Infant/Toddler Group
- Childcare Co-op
- Safe Care Home Visiting Program
- Supports for New Parents
- Ready for Kindergarten
- Youth Mentoring
- Strengthening Families

- Latinx Youth Leadership
- 1st Gen Mentoring
- Young Women's Group
- YAAS!
- Young Adult Life Skills
- Community Wellness Program
- Peer Support Services
- Disability Mentoring
- Parent 2 Parent