

Mark Your Calendars!



MARCH

North Fork Library

Storytime. (ages 2-6) Tues., 10:30 am
Teen Club. (grades 6-12) Thurs., 6:30 pm
Foothills Book Club 2nd Tues., at 6:30 pm
The Art of Tea: Tea & Chocolate, Tuesday, 3/17, 6:30 pm
Opioid Education & Overdose Prevention, Saturday, 3/28, 3 pm

Deming Library

Honoring Women's Words, 3/6, 7 pm
Let's Talk About Race, 3/21, 3 pm
When a Bear Comes to Town, 3/26, 6:30 pm

South Fork

Stand Up and Be Counted: 2020 Census Community Forum, 3/2, 6:30 pm

Mount Baker Community Coalition

MBCC Monthly Meeting, Monday, 3/16, 1:45 pm, Mt. Baker School District Office
Building Resilience Through Connection, Tuesday, 3/31 4:30 pm meal, 5 pm Presentation, 6 pm Activities

East Whatcom Regional Resource Center

Teen Time, Friday 3/13 & 27, 4:30 pm
Open Mic, All Ages, Saturday, 3/7 & 21, 6 pm

Community Coffee & Tea

Wed., 9 am
 AA, Mondays, 7 pm
 NA, Thursdays, 7 pm

Mobile Food Pantry

Saturday, 3/7 11:30 am & Friday, 3/20 10 am

DSHS Services

Wednesdays 8:30 - 4:30

South Fork

South Fork Seed Swap, Sat., 4/5, 12 pm

Mount Baker Community Coalition

MBCC Monthly Meeting, Monday, 4/20, 1:45 pm, Mt. Baker School District Office
Strengthening Families Program, Thursdays beginning 4/16 ending 5/28, 5:30 pm, Mount Baker Junior High

East Whatcom Regional Resource Center

Teen Time, Friday, 4/10 & 24, 4:60 pm
Open Mic, All Ages, Sat., 4/4 & 18, 6 pm
Community Coffee & Tea, Wednesday, 4/8, 15, 22, 29, 9 am

Tax Time Help

Friday, 3/20 9 am, call 360-734-5121 ex 241 for appointment

Introduction to Nonviolent Communication

Wednesday, 3/11, 6 pm
CPR & 1st Aid Class for Youth, Friday 3/13, 4:30 pm

East Whatcom Community Council

Thursday, 3/5, 6:30 pm

Columbia Valley Community Connections

Wednesday, 3/11, 2 pm

Columbia Valley Block Watch Meets every third Thursday 6 pm at the EWRRC

AA, Mondays, 7 pm

NA, Thursdays, 7 pm

Mobile Food Pantry

Saturday, 4/4 at 11:30 am & Friday, 4/17 at 10 am

DSHS Services

Wednesdays 8:30 - 4:30

Food Bank

Tuesdays, 9 am, Building 2

Tax Time Help

Friday, 4/10, 9am, call 360-734-5121 ext. 241 for appointment

Kids Dayz of Spring

Mon., 4/6 to Thurs., 4/9, 1 - 4 pm

East Whatcom Community Council

Thursday, 4/2, 6:30 pm

Columbia Valley Community Connections

Wednesday, 4/8, 6 pm

STRENGTHENING Families PROGRAM

FOR PARENTS AND YOUTH 10-14

Thursdays April 16 - May 28 2020

5:30 - 8:00 pm

Mount Baker Junior High

Dinner will be served to your family
 Supervised activities for siblings under 10

Enrollment limited to 12 families!

\$35 per family for the 7-week course

To Register:

Family Service Coordinator or
 kate.foster@wsu.edu



APRIL

North Fork Library

Storytime. (ages 2-6) Tuesdays 10:30 am
Teen Club. (grades 6-12) Thurs., 6:30 pm
Foothills Book Club 2nd Tues., at 6:30 pm
Sashiko Mending. (Japanese Clothing Mending Method), Saturday, 4/11, 2 pm
Book Sale, Saturday, 4/25, 10 am - 4 pm

Deming Library

Deming Teen Art Showcase Submissions, 4/13-4/28

Opioid Education and Overdose Prevention

4/4, 11 am

Ask a Master Gardener

4/13, 12 pm

South Fork

South Fork Seed Swap, Sat., 4/5, 12 pm

Mount Baker Community Coalition

MBCC Monthly Meeting, Monday, 4/20, 1:45 pm, Mt. Baker School District Office
Strengthening Families Program, Thursdays beginning 4/16 ending 5/28, 5:30 pm, Mount Baker Junior High

East Whatcom Regional Resource Center

Teen Time, Friday, 4/10 & 24, 4:60 pm
Open Mic, All Ages, Sat., 4/4 & 18, 6 pm
Community Coffee & Tea, Wednesday, 4/8, 15, 22, 29, 9 am

MAY

North Fork Library

Storytime. (ages 2-6) Tuesdays 10:30 am
Teen Club. (grades 6-12) Thur., 6:30 pm
Foothills Book Club 2nd Tues., at 6:30 pm
When a Cougar Comes to Town: Washington's Mountain Lions and Ways to Coexist With Them, Tuesday, 5/5, 6 pm

Deming Library

Children's Annual Art Show, 5/20-6/6

Mount Baker Community Coalition

MBCC Monthly Meeting, Monday, 5/18, 1:45 pm, Mt. Baker School District Office
Strengthening Families Program, Thursdays beginning 4/16 ending 5/28, 5:30 pm, Mount Baker Junior High

East Whatcom Regional Resource Center

Teen Time, Friday, 5/8 & 22, 4:30 pm
Open Mic, All Ages, Saturday, 5/2 & 16

Community Coffee & Tea

Wed., 9 am

AA, Mondays, 7 pm

NA, Thursdays, 7 pm

Mobile Food Pantry

Saturday, 5/2, 11:30 am & Friday, 5/15, 10 am

DSHS Services

Wednesdays 8:30 - 4:30

Food Bank

Tuesdays, 9 am, Building 2

Heath Services Fair

Saturday, 5/16, 10 am - 6 pm

East Whatcom Community Council

Thursday, 5/7, 6:30 pm

Columbia Valley Community Connections

Wednesday, 5/13, 2 pm



Spring 2020

Hello Neighbor!

Brought to you by partners of Mt. Baker Community Coalition

Building Resilience Through Connection ★

Wa'Lynn Sheridan, Coalition Coordinator, Mt. Baker Community Coalition

Hello Neighbor,

On Tuesday, March 31st, Mt. Baker Community Coalition and partners are hosting "Building Resilience Through Connection" a family and community event. We hope you will join us at Kendall Elementary School for a meal starting at 4:30, presentation at 5pm, and resources and activities at 6pm. You will be so glad you came!

This interactive, informational exchange will build relationships – between parents and children, families and schools, organizations and neighborhoods – to enhance skills that improve communication, decrease the negative effects of stress, and empower families to strengthen emotional and social skills.

Youth from #OneBakerVoice, MBHS's prevention club, will lead a Q & A Panel on community norms. National Alliance on Mental Health (NAMI) Whatcom will be the night's featured guest. NAMI is dedicated to building better lives for those affected by mental illness by providing free support groups, classes, education forums and advocacy. The evening will be full of opportunity to access resources and engage in fun skill building activities to support children, teens and caregivers to face everyday challenges, as well as, more serious adversities.

The entire community is welcome and the event is geared for families with students of all ages—pre-K to grade 12. Together, let's build a stronger, more resilient community!

ADA and translation accommodations available when requested at least 72 business hours in advance. Please follow this link to RSVP forms.gle/mqY93cnQqjWhkZHD8

For more information or to get involved, contact: Wa'Lynn Sheridan, Coalition Coordinator at mbcoalition@wfn.org or Erica Rasmussen, Kendall Assistant Principal at erasmussen@mtbaker.wednet.edu.

Find us on Facebook
 "Mount Baker Community Coalition"

Mount Baker
 Community
 Coalition
 & Partners
 Present

BUILDING RESILIENCE THROUGH CONNECTION

A FAMILY & COMMUNITY EVENT

MARCH 31ST

Kendall Elementary

7547 Kendall Rd.
 Maple Falls, WA 98266

4:30pm Meal
5pm Presentation
6pm Activities

Families and children do better in life when positively connected to one another, with neighbors, schools and community. This helps us all reach unique and shared goals. This is hope and resilience! Come learn why and how to build your family's resilience.

- Learn from NAMI on ways to support children to thrive
- Hear local youth perspective on community norms
- Access resources
- Engage in family fun skill building activities

RSVP

<https://forms.gle/mqY93cnQqjWhkZHD8>

Please request reasonable accommodations

72 business hours prior to event.

More info: mbcoalition@wfn.org or (360)255-7489



★ Project Neighborly Grants in the Foothills

Jessica Bee, Coordinator, East Whatcom Regional Resource Center
Hello Neighbor!

We have so many wonderful things going on in our Foothills Region of Whatcom! Here are seven! Each of which can be found by typing in this link: bit.ly/WCF-ProjectNeighborly going on the EWRRRC Facebook Page or Nextdoor.com.

Once there you can read about many other community ideas and, if you are so moved, donate and show community support for these opportunities. Please do share with your neighbors!

In order of appearance on the page here are the ones from our Foothills Region:

Columbia Valley Park and Recreation District: East Whatcom Gets Active!

The Columbia Valley Park and Recreation District is a new district in East Whatcom; we support overall well-being through opportunities to be active in casual, community shared spaces. East Whatcom Gets Active! project

seeks to support community cohesion and physical wellness by offering no-cost fitness activities designed to accommodate a diverse range of age groups, accessibility and interests.

Maple Falls Park Development and Maintenance Group: Maple Falls Community Park Pump Track

The Maple Falls Community Park bike pump track will provide a fun and positive place for people of all ages and backgrounds to meet each other, exercise, build community and be stewards of our park resources.

Opportunity Council (EWRRRC): Foothills Community Art Project

It is known that art in public spaces support a neighborhood's unique identity. Our project engages local multi-generational talent & our emerging rural social fabric to create beauty through art for community spaces. Art will be show-

cased at the Community Center & at the new home of the Foothills Foodbank to express community life now, dreams for the future & our remembrance of the past.

South Fork Valley Community Association: South Fork Meet & Eat

Learning how to grow, harvest, preserve and distribute food while sharing a community meal – that's South Fork Meet & Eat. Local folks gathering at the solstices/equinoxes for four neighborly potlucks featuring speakers on a variety of food-related topics. It'll be a bountiful harvest of ideas, discussions, and follow-up actions increasing food access and availability, and community cooperation.

St. Joseph Catholic Church (fiscal sponsor for St. Peter's Catholic Church in Deming): St. Peter's Mobile Shower Van & Hygiene Services" project

Offer mobile shower van at all Rd., we also have centers located throughout Whatcom County. Early Head Start is a home based program for prenatal up to the age of 3. This program consists of weekly home visits that focus on parents as children's primary teachers, establish family goals, and also provides 2 classroom experiences per month. This is not a center-based program.

You can apply online at oppco.org/basic-needs/preschool-education/ or call 360-734-8396,

St. Peter's Catholic Church on Tuesday mornings and provide other services to the community as needed, especially those involving health and hygiene.

Whatcom Conservation District (fiscal sponsor for Peaceful Valley Country Club): Columbia Valley Community Chipping Events

The Columbia Valley Wood Chipping Events will be hosted biannually with a goal of inspiring safe disposal of yard debris, educating neighbors about wildfire risks, and providing an alternative to burning yard waste, a practice that is illegal yet common in the Columbia Valley. Two chipping events will allow for affordable disposal of yard debris for over 150 families in the Columbia Valley.

Whatcom Family and Community Network: Kendall SummerFest 2020

The 3rd Annual Kendall Summerfest 2020 is a community-building event that builds community pride, enhances positive relationships between neighbors, law enforcement and local businesses, it also increases resilience and mitigates issues that impact our community such as crime and substance abuse. One of the 2020 Summerfest goals is to build community cohesiveness with the "We Are Family" theme.

★ Common Threads Partners Again with Kids Dayz

Laura Plaut, Executive Director, Common Threads Farm
Hello Neighbor!

Common Threads is so pleased to be partnering with Kids Dayz at the East Whatcom Regional Resource Center again this Spring Break to bring healthy cooking and eating programs to kids!

Youth who are 5 and older are ok to be signed in and dropped off at 8251 Kendall Rd for delicious and nutritious cooking fun on Monday through Thursday, April 6th - 9th from 1-4PM. Kids will be preparing and eating a nutritious, delicious lunch and afternoon snack - all recipes will be affordable, easy to prepare at home, and vegetarian! We're always happy to accommodate dietary restrictions, so don't let your allergies keep you away! We will have time to be active outside and explore with friends new and old, as well as, plant some food seedlings to take home. And as always, children under 5 are welcome with a caregiver. Call 360-599-3944 to pre-register or to learn more. We can't wait to see you in the kitchen this spring!

★ East Whatcom Health Services Fair Coming in May

East Whatcom Health Fair Planning Team

Hello Neighbor,

East Whatcom Health Services Fair on May 16 from 10am-6pm.

We will have fun for the kids: a supervised play space, bounce castle, and the Real Food Show from the Food Co-op! For the rest of us there will be YMCA fitness mini classes for a variety of mobility ranges, ask a pharmacist, alternative pain management, ask a nurse station and medical screenings as well! There will be a healthy lunch served at 1PM as well as a CPR & 1st Aid course from Fire District 14 at 6:30PM.

ADA accessible parking is available at the EWRRRC, regular parking is available at Peaceful Valley. Park & Ride options are available for Glacier, Maple Falls, Deming, South Fork and Kendall.

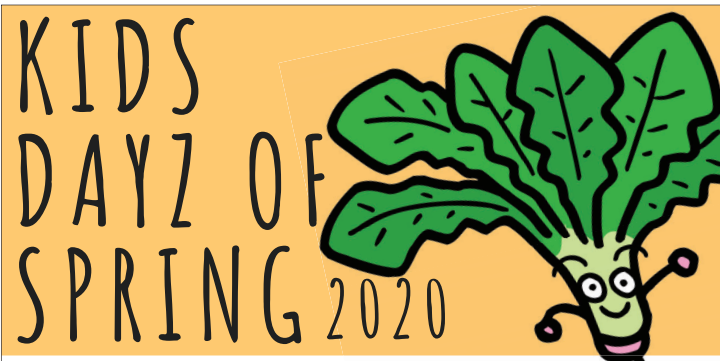
We are delighted to work with these great partners: Peace-Health, Whatcom County Health Department, Sea Mar, North-

west Regional Council, Mt Baker Community Coalition, Unity Care NW, Opportunity Council, Whatcom County Library System as well as local community members and other community partners.

We are seeking local residents who would like to volunteer to make this event an enjoyable experience for our neighbors. Follow this link bit.ly/HealthFairVolunteer or contact Jessica Bee or Abby McKinley at 360-599-3944 to sign up for volunteer positions.

Important note: Medical services are offered at the East Whatcom Health Fair regardless of health insurance status with all ages and stages of life welcome on a first come, first served basis and all services/activities are while supplies last.

We look forward to seeing you at the Fair!



KIDS DAYZ OF SPRING 2020

Join us at the EWRRRC for youth cooking classes & many fun outdoor activities for children through 12th grade!

When: (During the Mt. Baker School District Spring Break) April 6th-9th • 1pm-4pm
Where: 8251 Kendall Rd • Maple Falls

TO REGISTER CALL: (360) 599-3944 OR DROP IN AT THE EWRRRC: 8251 KENDALL RD (YOUTH 0-5 WELCOME WITH PARENT OR GUARDIAN)

COMMON THREADS Farm **opportunity council**

★ The Opportunity Council is Accepting Applications for Early Head Start, Head Start and ECEAP for this Fall

Juan Madrigal, Recruiting and Enrollment Specialist, Opportunity Council

Head Start and ECEAP are early learning educational programs available for children ages 3 and 4. Classes run Tuesday-Friday and include 2 home visits and 2 parent/teacher conferences per year. The home visits and conferences are a great time to discuss and learn about child development, focusing on parents as children's primary teachers, and to establish children and family goals. This program is available at no cost to eligible families and is located here in Kendall at the East Whatcom Regional Resource Center located at 8251 Kend-

all Rd., we also have centers located throughout Whatcom County.

Early Head Start is a home based program for prenatal up to the age of 3. This program consists of weekly home visits that focus on parents as children's primary teachers, establish family goals, and also provides 2 classroom experiences per month. This is not a center-based program.

You can apply online at oppco.org/basic-needs/preschool-education/ or call 360-734-8396,

to have an application mailed to you. You can also apply in person at the Opportunity Council located at 1111 Cornwall Ave. Bellingham WA, Suite 200.

SAVE THE DATE!

3RD ANNUAL KENDALL SUMMERFEST TUESDAY, AUGUST 4

"We Are Family!"

FUN ACTIVITIES FOR KIDS & ADULTS!



AT THE EWRRRC CAMPUS 8251 KENDALL RD EAST WHATCOM

HEALTH SERVICES FAIR

MAY 16TH | 10AM-6PM IS SEEKING VOLUNTEERS

if you are interested in helping with this great community event go to link below to sign up <http://bit.ly/HealthFairVolunteer> or link with QR code



To find out more details Call 360-599-3944

No guarantee of services. All services are first come first serve.

★ Young Life at Mt. Baker High School

Chelsea Holcombe, Volunteer Leader, Young Life

We're excited to announce that Young Life has started back up at Mount Baker High School.

Since 1941, Young Life has been training leaders to enter the world of teens. We show up at sports games, hang out at lunch tables, play games around campus, and build friendships with kids who need them. We do this because we love kids and we want to meet them where they are in life and invite them to live up to their full potential. Our method is simple: 1. Meet kids on their turf. 2. Build friendships and mentoring relationships. 3. Invite kids

to experience the Christian faith and care for them regardless of their decisions. While we are a faith-based organization, we have a long history of coming alongside those already working with kids, obeying their rules and filling in any gap- to offer positive role models and a listening ear for kids.

Today kids need adults they can depend on that present a form of consistency in their lives. Now, maybe more than ever before, kids are feeling pressure 24/7 to perform- for teachers, parents, and peers. Serving in their world, its clear to see, kids need guidance. We know that

every kid should have a chance to feel hope, belonging, and a purpose for their life. We walk with them and earn the right to be heard in the middle of this exhausting and exciting time.

When teens have adults they can trust and safe places to belong, they are able to grow and develop in new ways and become more involved in school, community, and life. In these trying years having such care and acceptance can change the

trajectory of a kid's life. So far it's going very well and kids are engaging. We currently have three leaders (two of which are MBHS alumni), and always looking for volunteers if you or anyone you know is interested check out younglife.org for more information on how to get involved or connected. We are looking forward to being a part of the Mount Baker community and thrilled to see what the future holds for Mount Baker Young Life.

Building Resilience Corner

Kristi Slette, Executive Director, Whatcom Family & Community Network

Resilience- the ability to "meet challenges, survive and do well despite adversity" –Kirmayer, 2009.

Why is resilience important? We all face adversity and resilience mitigates the toxic stress and trauma often accompanying adversity--potentially lessening negative impacts of facing these hardships. The more an individual has--usually the better we bounce forward through the hard stuff in a healthy way--avoiding unhealthy risks like drugs, alcohol and other harmful behaviors.

Building Resilience, according to Dr. Ann Masten is comprised of three protective systems. These systems include:

Capability--the things we can do or learn to do, the talents and characteristics that help us contribute in relationships;

Attachment and Belonging--the safe, trusted relationships we form with family, friends, life partners, co-works, and others; and

Community, Culture and Spirituality--the people, activities, knowledge and objects that inspire hope, clarity in identity and a sense of meaning in life beyond ourselves.

Look for the gold star ★ in this issue of Hello Neighbor for opportunities to build your family's resilience.

★ Foothills Communication Hub Forms to Inform East Whatcom County

Matthew Thuney, Board Chair, Foothills Communication Hub

Hello Neighbor, What in the world is happening in East Whatcom County? Well, that depends on who you talk to, and therein lies the problem. The newly-established Foothills Communication Hub seeks to remedy that situation by providing a single reliable source for news and information that will notify folks what's happening, where and when.

"The Mt. Baker Foothills is a beautiful place to live and work," says Foothills Communication Hub Board Chair Matthew Thuney, "but it can be frustrating trying to find out about local events and opportunities. Information either isn't available or occasionally contradictory. Our aim is to resolve that challenge."

For nearly two years a group of neighbors and representatives from regional organizations (such as the Mt. Baker Community Coalition, South Fork Valley Community Association, Whatcom County Health Department, and Whatcom County Library System) have been meeting and planning to create the Foothills Communication Hub - arriving at overall goals, documenting editorial policies, researching funding sources, and looking for a non-profit group to partner with.

With the conditional acceptance into the Whatcom Family and Community Network, the Hub has found a home. That's Step One.

Essential tasks still remain, including obtaining sustainable funding, hiring staff, locating office space...all the things that go with starting a non-profit organization from scratch.

"Community input is welcome, and community empowerment is the goal," says Thuney. "If we can set up a uniform, easily accessible forum across all media - print, broadcast, electronic - that will go a long way toward connecting Foothills neighbors, and facilitating a more informed populace."

To become part of the Foothills Communication Hub team or find out more, please email MBfoothillsinfo@gmail.com Stay tuned as you should be hearing more from us!

2020 Census Around the Corner

Summer Starr, Volunteer & Event Coordinator, Opportunity Council

Hello Neighbor,

You may have heard it is census time. Did you know, we are entering a critical period for preparation for this year's 2020 census. Mailings about the census inviting people to respond online will be going out mid-March in anticipation of the official census day, April 1st. The questionnaire is designed to take an average 10 minutes (depending on size of household) and will determine political representation, impact federal funding for critical social programs, and influence community planning for the next 10 years. That means if you have a child in 3rd grade, the programs they will benefit from, through the rest of their public school education, will be influenced.

The Opportunity Council is part of a Whatcom working group tasked with raising awareness about the importance of the census. You can support these efforts by starting conversations about the census, or by helping to staff volunteer-driven questionnaire assistance centers (QACs) where individuals can come for assistance with responding. The EWRRRC has computer kiosks where volunteers can help people fill out the survey. There was a QAC training at the EWRRRC February 24th, 3-4pm. If you are interested in learning more about how you can get involved in making sure our community counts, please contact me at the Opportunity Council, summer_starr@oppco.org.

★ A Message from the North Fork Library

Alexa Andrews, North Fork Library Manager

I am thrilled to welcome an (almost) entirely new Board of Directors to the Friends of the North Fork Community Library (FNFCL). While the Whatcom County Library System (WCLS) staffs and operates our local library, FNFCL is the non-profit organization that works in tandem with us to support additional services to our community. Historically, FNFCL fundraised and built the North Fork Library in 2011 and were responsible for all property maintenance until 2018, when ownership of the building was transferred to the WCLS, (Whatcom County Library System).

The new FNFL Board met for a planning retreat on February 9, 2020 and has identified a comprehensive goal of bringing community members together at the library. Some of the initiatives they have chosen to work towards this goal include hosting new community events, funding projects that feature local music and artistry, and fundraising for a new meeting room.

Their first event will be a book sale at the library on Saturday, April 25th from 10:00-4:00 PM. Stop by to get some fantastic deals on new reads and meet some of the new members of the Board! I can't wait to see what we accomplish together.

North Fork Library

Book Sale

Saturday, April 25
10 am to 4 pm



Columbia Valley

April is Roving Chipper Month

This time the chipper is coming to you!

A roving chipper will be in your neighborhood to chip up limbs and brush piles that have been properly stacked at the end of your driveway.

Cleaning up tree limbs and brush around your home helps reduce your wildfire risk.

Chipping instead of burning helps keep your air cleaner and healthier to breathe.

Need a hand?

Volunteers will be available to help with cleaning up tree limbs and brush.

Please let us know when you register!

REGISTRATION REQUIRED!

Register by March 27 to
Rebecca Cayen
360-510-3137
ColumbiaValleyWA@gmail.com

First Come, First Served

Additional details will be provided with registration

For more information:
whatcomcd.org

FREE!

for residents of Columbia Valley



WHATCOM COUNTS
2020 Census

★ 2020 WDRC Workshops & Training



Whatcom Dispute Resolution Center

Professional Mediation Training

Combining theory and practice, this engaging and intensive skill building course uses lectures, group activities, and role plays to teach the 8-stage interest-based mediation model.

Parent-Teen Mediation Training

This 3-day skill-building course teaches participants to use the 8-stage interest-based mediation model to navigate conflicts between teens and their parents or guardians.

Prerequisite: 36-40 Hours Professional Mediation Training

Family Mediation Training

This 3-day course is designed to build skills in using the 8-stage interest-based mediation model to address and resolve conflicts between separating and divorcing couples.

Prerequisite: 36-40 hours Professional Mediation Training

Exploring Equity and Cultural Humility

In this introductory workshop, participants will discuss human diversity, develop cultural self-awareness and understanding, engage in cross-cultural learning, and examine the power of racism, sexism, classism, and other types of oppression.

Understanding Conflict

This introductory, 2-part course covers basic and relevant communication and conflict resolution skills, and is broadly applicable to family, work, and community.

Tools for Tough Conversations

This supportive six session learning series is designed to refresh, deepen and grow participants' conflict resolution, deescalation, and communication skills.

Prerequisite: Previous conflict resolution training.

Managing Conflict as a Co-Parent

This workshop helps divorced, separated, and never married co-parents build skills to manage emotions, communicate effectively, and reduce co-parenting conflict.

Helping Children Through Family Changes

A 4.5 hour seminar for Parents focusing on Children's needs during separation, divorce, parenting plan development and other family residential changes. The court system requires this class for any divorcing parent with minor children.

Clock hours & CLE credits available.

Register at whatcomdrc.org

All sessions take place at 206 Prospect St., in Bellingham.

NVC is a powerful process which supports improved connections with others (as well as ourselves!) in personal & professional settings or situations.

MARCH 11 6:30-8:30
WITH SUPERVISED PLAY SPACE FOR CHILDREN
PLEASE RSVP [HTTP://BIT.LY/NVC-EWRRC](http://bit.ly/nvc-ewrrc) OR CALL 360-599-3944

FREE INTRODUCTION TO NONVIOLENT COMMUNICATION (NVC)

- create mutual understanding without coercion
- learn how to offer compassionate understanding to others (and when and how to ask for it for yourself)
- speak your truth in a way that is more likely to lead to harmony than conflict
- prevent and resolve misunderstandings and conflicts

Take your communication skills to a whole new level!

Held at the EWRRC Campus
8251 Kendall Rd
Maple Falls

With Alan Rafael Seid
World-Renowned CNVC Certified Trainer
& Tess Burke
NVC Independent Trainer

Please contact the office to request any reasonable accommodations needed 48 business hours in advance. Thank you!

Mt. Baker Community Coalition
Prevention Works

Hello Neighbor Newsletter is a collaborative effort.

Mt. Baker Community Coalition's mission is to strategically build a strong community that offers well-being to all by focusing on youth and families through substance misuse/abuse prevention strategies and mental health promotion. We work together to provide education, resources, eliminate risks, increase protective factors, and leverage community strengths and assets.

Find us on Facebook: [MBCCommunityCoalition](https://www.facebook.com/MBCCommunityCoalition)

Wa'Lynn Sheridan, CPP Coalition Coordinator
(360) 255-7489 mbcoalition@wfcn.org

Funded by: State Opioid Response Grant: US Substance Abuse and Mental Health Services Administration, WA Health Care Authority, and Whatcom County Health Dept.

BASIC CPR & 1ST AID CLASS FOR YOUTH

March 13th, 2020
4:30 - 7:30 pm
East Whatcom Regional Resource Center
360-599-3944
8251 Kendall Rd.

6th through 12th grade
Pizza Dinner Provided for Participants

RSVP FOR THIS FREE CPR & FIRST AID TEEN CLASS:
[BIT.LY/YOUTH CPR](http://bit.ly/youthcpr)

Starts With One: Take Back Campaign

Washington State Health Care Authority

What?

Take Back Your Meds is a statewide campaign to raise awareness about how and where to safely dispose of unwanted, unused or expired opioids - and the importance of removing prescription opioid medications from homes.

Opioids are a type of pain medication that can be highly addictive. Examples are oxycodone (OxyContin®), hydrocodone (Vicodin®), codeine, morphine, and others (1)

The illegal drug heroin is also an opioid.

Why?

Protect loved ones

Opioids are now one of the leading causes of injury-related deaths in Washington State. More people die from overdose than from car crashes. (2)

75% of opioid misuse starts with people using medication that wasn't prescribed for them - usually taken from a friend or family member (3)

Between 2012 and 2016, more than 3,300 lives in Washington were lost to overdose from opioids. (2)

Promptly removing leftover opioid prescriptions from your home and safely disposing of your meds as a take back program helps prevent misuse by a friend, family member or other home visitor and reduces the risk of deadly overdose.

Protect the environment

Safe disposal not only helps prevent misuse and overdose deaths, it's also important for the health of our environment.

Scientists have found medicines in Pacific Northwest water and soils. (4) Even at low levels, these medicines can harm the health of wildlife and drinking water.

Take back programs are the only environmentally safe way to dispose of opioid medications.

How/Where?

There are two ways to safely dispose of opioids:

- Drop them at a permanent take back location such as the Nooksack Tribal Police Station
- Attend a National Prescription Drug Take Back Day in your community. The next one is April 25. There will also be a take Back event in October.

Permanent drip boxes are conveniently located at retail pharmacies, police stations, health centers and other community sites.

DEA National Prescription Drug Take Back Day event will be held on April 25 in communities across the state. All prescription medications are accepted during Prescription Drug Take Back Day events.

- (1) National Institute on Drug Abuse
- (2) Washington State Department of Health
- (3) Substance Abuse and Mental Health Services Administration
- (4) Washington State Department of Ecology

Call to Action

Safely dispose any medication:

- Drop them at the permanent take back location located at the Nooksack Tribal Police Station, 4878 Mt. Baker Hwy., Deming
- Attend the National Prescription Drug Take Back Days in your community. The next one is April 25 at North Fork Library from 10 am to 2 pm. There will also be a take Back event in October.