

Kittitas County Health Network's December 2024 Newsletter



December gives us all the opportunity to reflect on the year and the accomplishments we have made – the accomplishments of KCHN over this last year would not have been possible without the ongoing support of our Network Partners. From all of us at KCHN, we thank you for your ongoing support and wish you the Happiest of Holidays.

Mitchell R. Rhodes, PhD.



Moving Update - NEW KCHN Phone Number

We have a NEW phone number! The new KCHN phone number is:

509-925-5246

KCHN Communications Survey



HOW ARE WE DOING?

TAKE OUR COMMUNICATIONS SURVEY TODAY TO HELP US IMPROVE KCHN OUTREACH.

healthierkittitas.org



We would appreciate your input to help improve KCHN Communications. This quick survey will give us vital information to improve how we share KCHN news. Take the survey and enter to win a D&M Coffee gift card!

TAKE THE SURVEY HERE

FREE Parent Networking Event THIS Thursday







Community Health of Central Washington

RECOLECCIÓN : DE ABRIGOS

CITTITAS COUNTY

lealth Network

Hasta 31 de enero

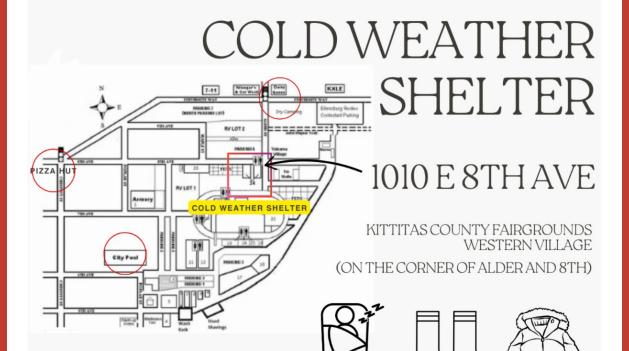
Aceptamos de todos los tamaños de abrigos nuevos y usados (No aceptamos gorros, guantes, bufandas, etc.) todo debe estar en buen estado, para ayudar a mantener calientes a nuestros vecinos del condado de Kittitas.



LUGARE DE ENTREGA DE DONACIONE Community Health of Central Washington 521 E Mountain View Ave Ellensburg lunes-viernes 7am to 5:30pm

¿Preguntas? Email: courtney@healthierkittitas.org healthierkittitas.org

Cold Weather Shelter Information



NOVEMBER 15, 2024 THROUGH MARCH 15, 2025 7 DAYS A WEEK

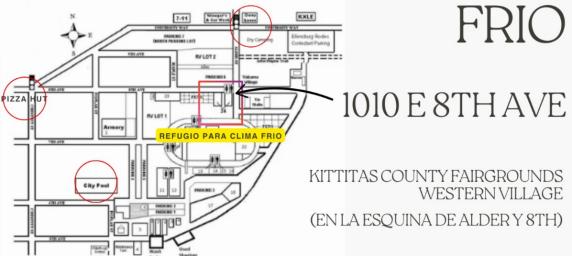


CHECK-IN AT 6:30PM & CHECK-OUT AT 8AM

SHOWERS AVAILABLE TUESDAYS AND THURSDAYS AT 6PM

CONTACT THE SHELTER: 509.899.4690

REFUGIO PARA CLIMA



DEL 15 DE NOVIEMBRE, 2024 HASTA EL 15 DE MARZO, 2025

LOS SIETE DIAS DE LA SEMANA

REGISTRO DE ENTRADA A LAS 6:30PM Y REGISTRO DE SALIDA A LA 8:00AM

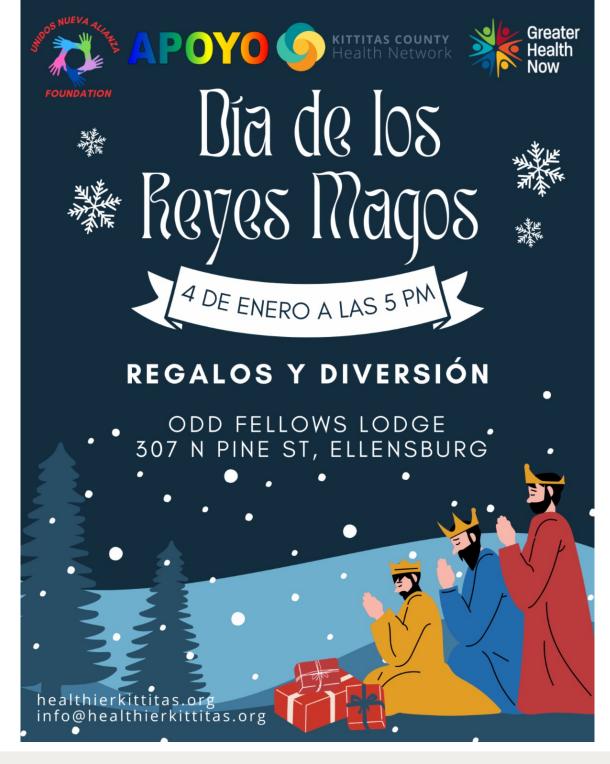
DISPONSIBILIDAD PARA BAÑARSE LOS MARTES Y JUEVES DE 6:00 PM



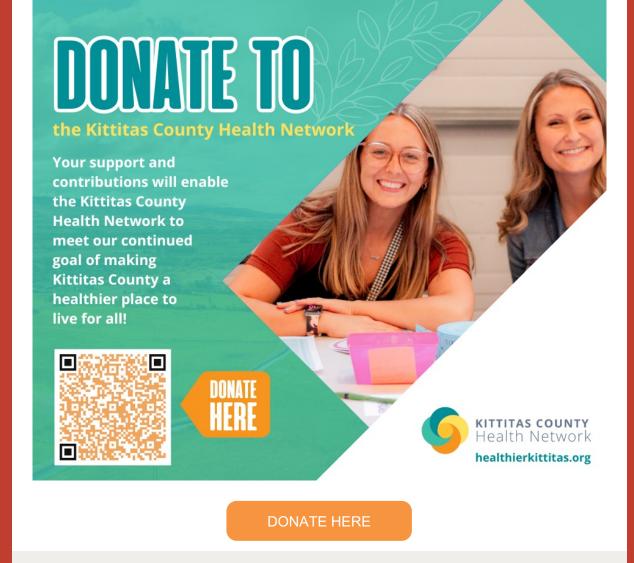


CONTACTO DEL REFUGIO: 509.899.4690

Die de los Reyes Magos



Giving Tuesday: Donate Today to Make a Difference!



HopeSource Individual Coaching and Workshop Courses

Finance Workshops

Managing Your Money

Students will learn how to create a budget, save money with a purpose, control spending and find ways to earn more, as well as review tactics to spend money more efficiently.

Savvy Shopper Seminar

Students will learn how to make their dollar go further. The course will teach ways to shop smarter at the grocery store and how to get more for less.

Employment Workshops

Job Quest 101

Students will learn to determine what kind of resume they need and how to put their best foot forward – both on paper and in an interview.

Developing Positive Work Habits

This workshop covers the basics of how to be an employee who employers are seeking. It offers attendees soft skills training to help get, and keep, the job they want.

Other Workshops

Renting 101

This workshop goes over how to apply for rental housing, determine your budget and avoid scams.

One-on-One Coaching

One-on-one coaching sessions are available for clients to dive deeper into personal finance and budgeting, resume building and/or interview skills. Mock interviews can be scheduled to help with getting ready for a job search.

HopeSource

HOPE UNIVERSITY

Individual Coaching

and Workshop Courses

Hope University Principles

- Meet you where you are
- Keep it positive
- Put your skills and knowledge into action

Who can participate?

These workshops are designed for anyone wishing to improve their skills in any of our educational areas. This can include high school students to senior citizens.

Upcoming Workshops

Cle Elum

Monday, December 16th 2 p.m. – 3 p.m. Cle Elum Catalyst – 214 Pennsylvania Ave.

Habits for Workplace Success

Ellensburg

Thursday, December 12th 3 p.m. – 4 p.m. Ellensburg Catalyst – 312 N Pearl St.

Habits for Workplace Success

Contact us at 509.925.1448 or hopeuniversity@hopesource.us to sign up!

Recovery Yoga





Focus on basic yoga postures, breathing techniques, and other meditation strategies.

- The essence of yoga -Stilling the mind and letting go of habitual negative thinking patterns.

THURSDAY MORNING CLASS

WHEN: 7:30 - 8:30 am WHERE: EDE dance studio 118 E 4th Street - (between Ellensburg Floral and Maurices)

WEDNESDAY EVENING CLASS

WHEN: 5 - 6 pm WHERE: KCRCO building 211 W 3rd Ave in Ellensburg

Learn more at:

healthierkittitas.org

FREE Middle School Expressive Arts Support Program

FREE MIDDLE



Hosted by:

Nan Doolittle, MA, LMHC, CEAP

• Malia Davis, CWU Senior Intern





Who: 6th-8th Grade Kittitas County Students

When: Every 2nd and 4th Monday 2:30-4:30 PM through June 2025!

Registration: Forms and parent release forms on site. Can be emailed to parents and returned to Nan prior to first class What: Expressive arts activites including mask making, clay work, collages, 3-D projects and more!

Contact: Nan Doolittle with any questions (509)-607-0193 Where: Elks Building 119 W. 5th Ave, Eburg. Second floor across from suite 202. The Expressive Arts Studio



Eastside Opportunity Center

Eastside Opportunity Center

December 2	2024
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Cooking Planning Mtg 3 pm	2 What's Cooking? 12-2 pm Pot Pies	3	4	5	6	7
8	9	10	11 Baking- Pacifica 2-3:30 pm	12	13	14
15	16 What's Cooking 12-2 pm Taco Salad/Nachos	17	18	19	20 Crafts/Sewing 2-4pm	21 EOC Board Meeting 1pm
22	23	24	25 Merry Christmas!	26	27	28
29	30 What's Cooking? 12-2 pm Holiday Party Foods Dips, Dressings, Crackers	31	Happy New Year!!			

Location: (United Methodist Church)

210 N Ruby St. Classroom 1 Ellensburg, WA 98926 Phone: 509-968-1041 Email: red.eoc22@gmail.com

Alex Mandujano volunteers and leads this BASIC COOKING skills class at the Methodist Church (on Ruby Street) kitchen. KCHN Care Coordinator, Gayle Scott is the cooking class coordinator and secretary of Eastside Opportunity Center. **What's Cooking?** This class is for those not familiar with cooking for themselves and who use the food bank regularly. Learn what chop, dice, and slice means. Get practical experience using a frying pan on a gas stove. Learn how to have vegetables in every meal. From no-recipe breakfast burritos to bread, soup, and chili, this class covers simple meals made in easy-tounderstand steps. We help you learn to prepare the food you get from the food bank into a tasty meal.**Cooking Classes are every other Monday and are open to a max of 8 participants. This is a "pay what you can or bring an ingredient" arrangement. To register or for more information call Alex Mandujano at 509-856-4738**



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