



Kittitas County Health Network's December 2024 Newsletter



KITTITAS COUNTY
Health Network

Executive Director's Note



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



You're invited to a
**FREE PARENT
NETWORKING EVENT**

THURSDAY, DECEMBER 5TH

from 5-7PM at
Dino Discovery
located at: 400 N Main St,
Ellensburg, WA 98926

Join us for an evening of fun featuring **FREE CHILDCARE** and a presentation for parents from Kelsey Smith with Summit Speech. All families that attend will receive a FREE Dino Discovery pass for future use. DINNER PROVIDED!

Questions? Email: Trinity@healthierkittitas.org
healthierkittitas.org

KCHN Coat Drive



KITTITAS COUNTY
Health Network



Community Health
of Central Washington

COAT DRIVE

Through January 31st

We are accepting all sizes of new and gently used coats (no hats, gloves, scarves, etc.) to help keep our Kittitas County neighbors warm this winter.

DONATION DROP-OFF LOCATION

Community Health of Central Washington

521 E Mountain View Ave Ellensburg

Monday-Friday 7am to 5:30pm

Questions?

Email: courtney@healthierkittitas.org

healthierkittitas.org



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RECOLECCIÓN DE ABRIGOS



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

SHELTER

KITTITAS COUNTY FAIRGROUNDS
WESTERN VILLAGE

[illegible]

7 DAYS A WEEK



CONTACT THE SHELTER:
509.899.4690

REFUGIO PARA CLIMA FRIO



1010 E 8TH AVE

KITTITAS COUNTY FAIRGROUNDS
WESTERN VILLAGE
(EN LA ESQUINA DE ALDER Y 8TH)

**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

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



**CONTACTO DEL REFUGIO:
509.899.4690**

Die de los Reyes Magos



KITTITAS COUNTY
Health Network



Día de los Reyes Magos



4 DE ENERO A LAS 5 PM

REGALOS Y DIVERSIÓN

ODD FELLOWS LODGE
307 N PINE ST, ELLENSBURG

healthierkittitas.org
info@healthierkittitas.org



Giving Tuesday: Donate Today to Make a Difference!

DONATE TO

the Kittitas County Health Network

Your support and contributions will enable the Kittitas County Health Network to meet our continued goal of making Kittitas County a healthier place to live for all!



DONATE
HERE



KITTITAS COUNTY
Health Network
healthierkittitas.org

DONATE HERE

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.



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

RECOVERY YOGA

**Free yoga classes
sponsored by:**



KITTITAS COUNTY
Health Network

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 SCHOOL EXPRESSIVE ARTS SUPPORT PROGRAM!



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
activities 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

SPONSORS:
Nan Doolittle
Expressive
Arts, LLC
&



Eastside Opportunity Center

Eastside Opportunity Center

December 2024

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-to-understand 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**



STAY CONNECTED WITH KCHN

[Visit the KCHN Website](#)





Try email marketing for free today!