



COMMUNITY SUPPORT SERVICES ROUNDTABLE

Hosted by:

Lake Washington Council Parent Teacher Student Association

PTSA/PTA

Parent Teacher (Student) Association

- Organized by parents within individual schools
 - Anyone who supports the mission and work of PTA, including parents, grandparents, aunts, uncles, teachers, school staff, and administrators may join
 - Students may join
 - Organizations are run by non-school-staff volunteers
 - Must abide by state and IRS non-profit laws
 - Each PTA has their own board of directors
- PTAs may provide grants for teachers, classrooms, programs
- PTAs provide organization and funding for school activities
- PTSA is NOT the school, school administration, ASB, or a Booster Club, but PTSA works closely with these organizations
- Contact: board@LWPTSA.net



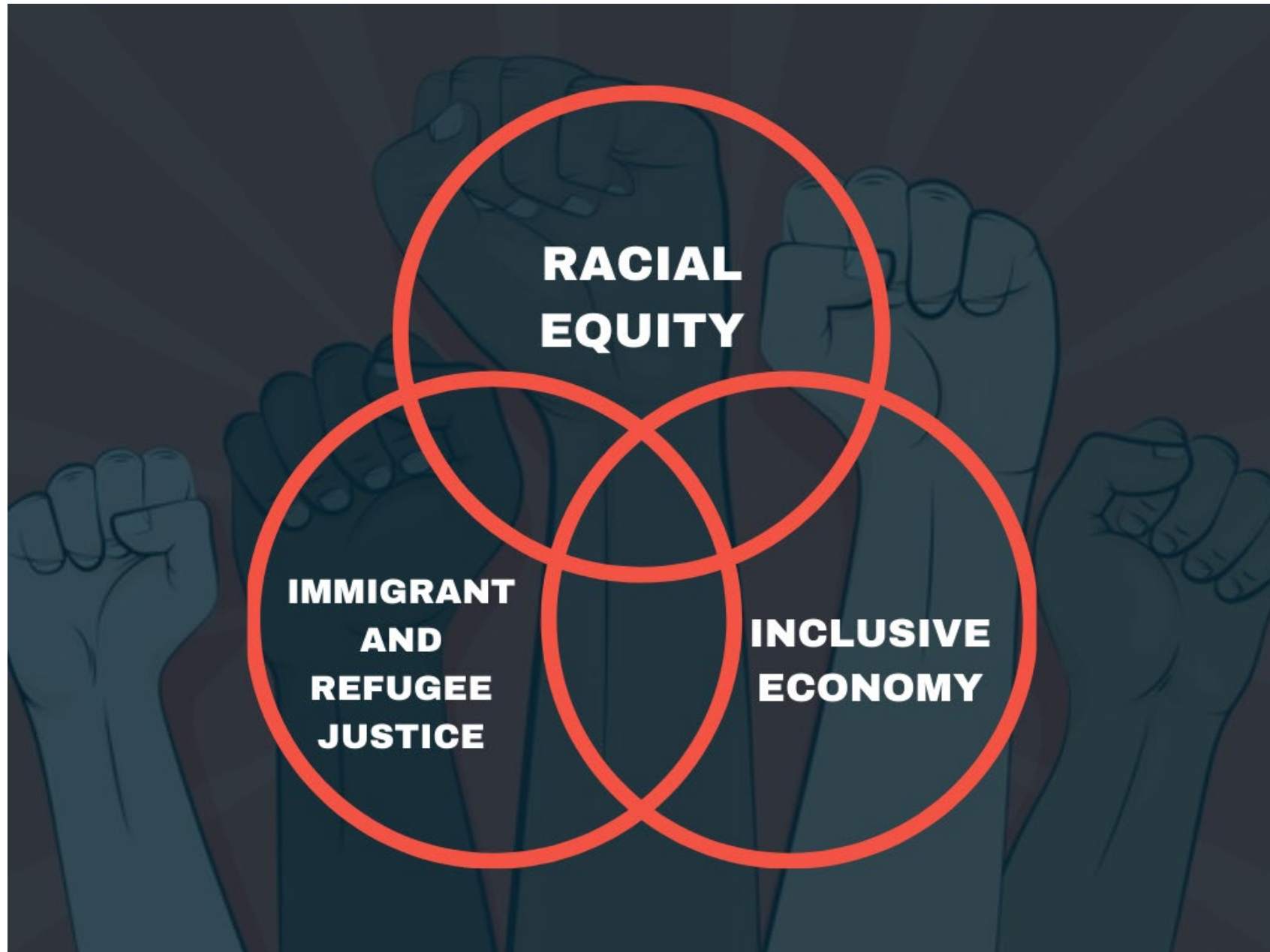


Transforming East King County into a place where racial, economic, and social justice is made possible for communities of color.

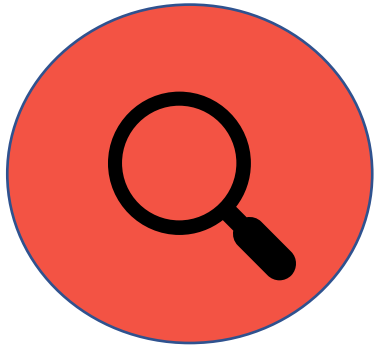
EastsideForAll.org

info@EastsideForAll.org

Facebook.com/EastsideForAll



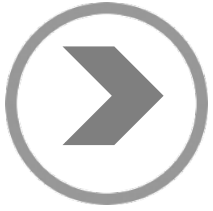
Initiatives and Activities



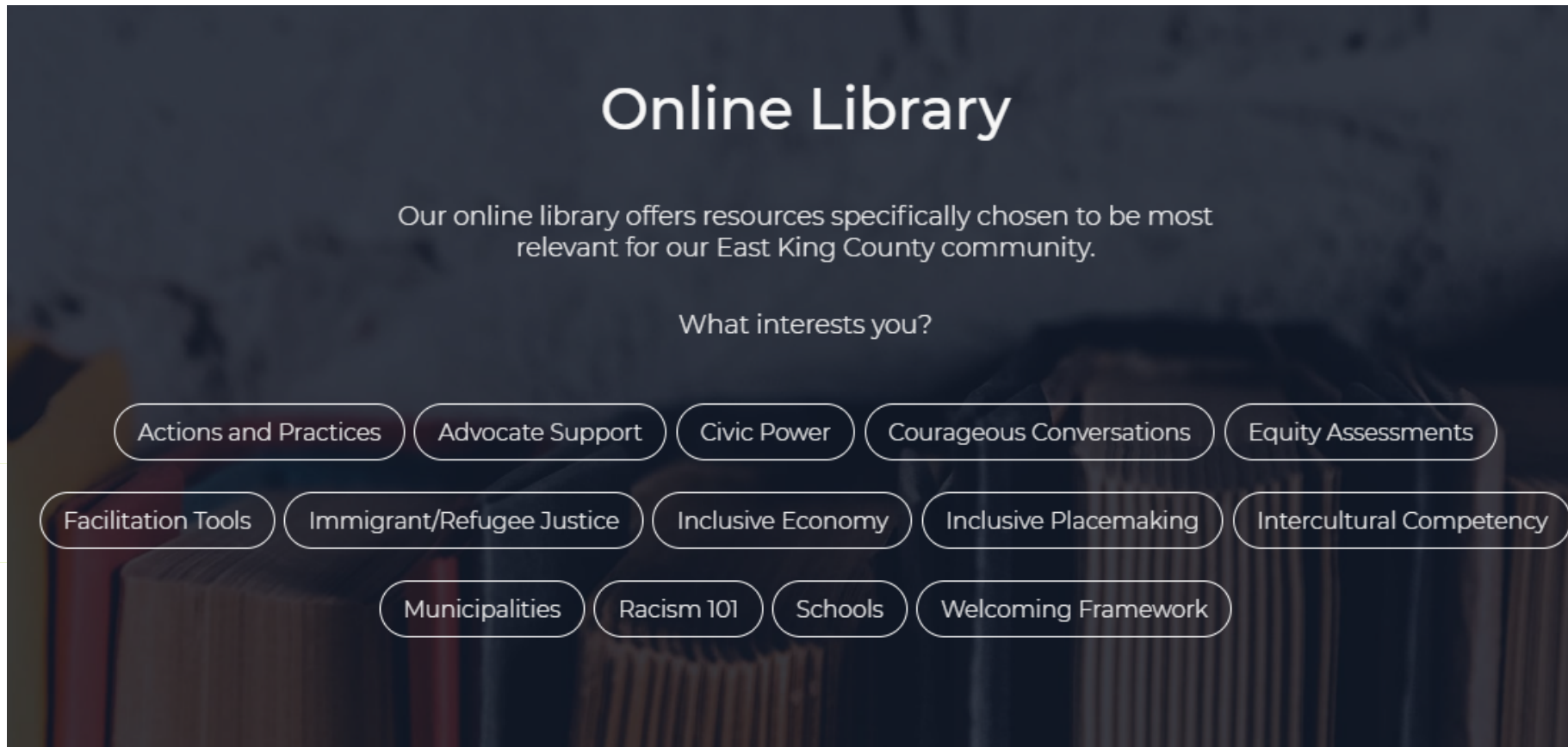
- We equip and support people working to advance racial equity and social justice within their local spheres of influence through education, training, and convening/networking opportunities.
- We advocate at the local systemic level for policies, practices, and investments that increase equity and inclusion.
- We help grow and strengthen efforts led by and for people of color and immigrants (grassroots groups, nonprofits, advocacy efforts)

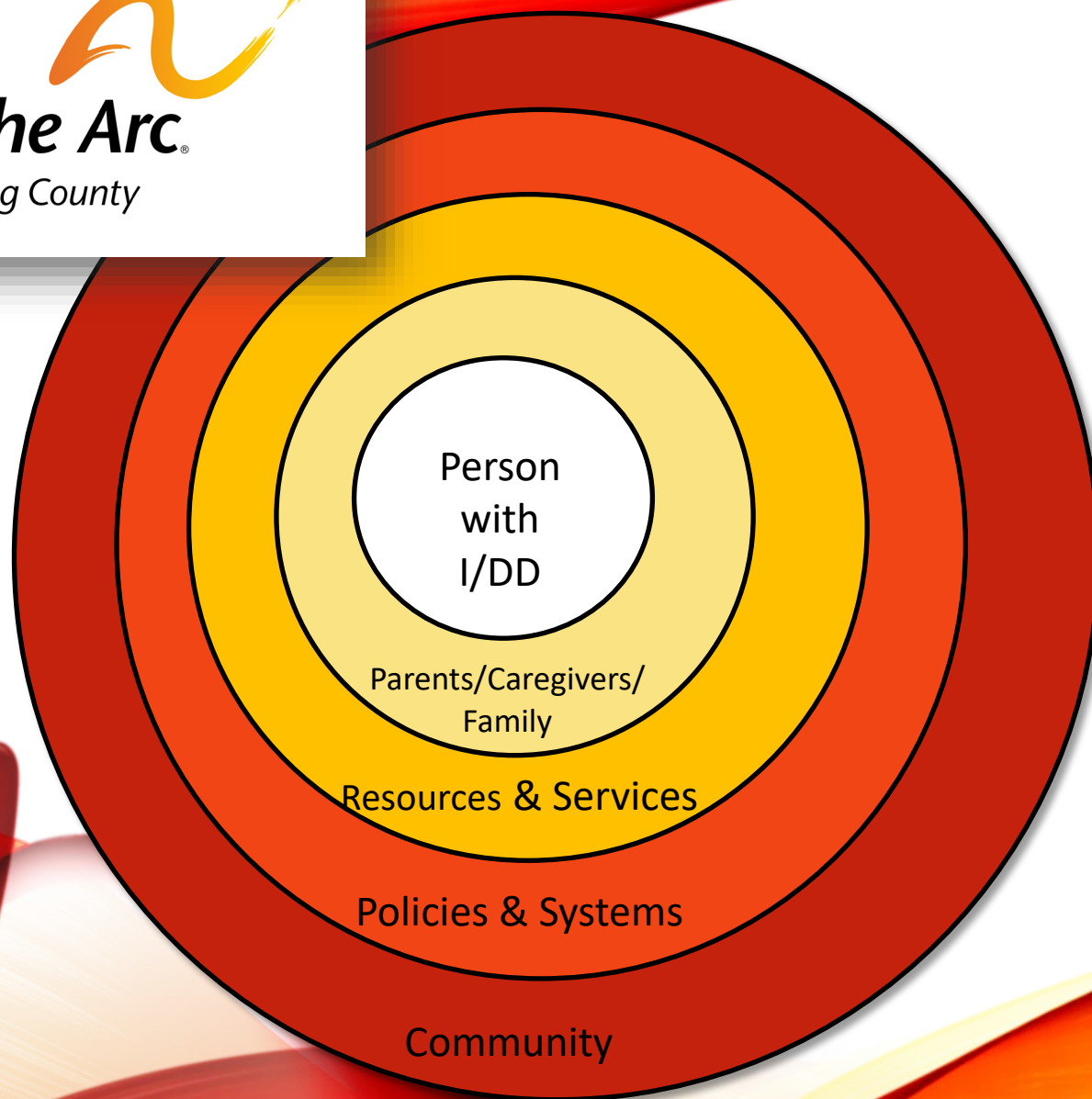
Eastside For All is part of the [King County Coalition Against Hate and Bias](#). We are lifting up the voices of people experiencing hate incidents and working together for solutions. Join us! Contact Debbie Lacy: Debbie@EastsideForAll.org.

More resources:



Eastside For All Community Learning Institute
EastsideForAll.org/community-learning-institute/





OUR GOAL

To further the civil rights movement for all persons with intellectual and developmental disabilities to thrive as equal, valued, and active members of the community

The Arc of King County uses a holistic approach that empowers the individual to live a life of their choosing through information and family support, development of quality resources and services, systems and policy advocacy, disability awareness, acceptance, and inclusion throughout the community.



PARENT TO PARENT

SUPPORT FOR PARENTS/CAREGIVERS/FAMILY

Parent to Parent

*We may not be therapy but
we sure can be therapeutic!*

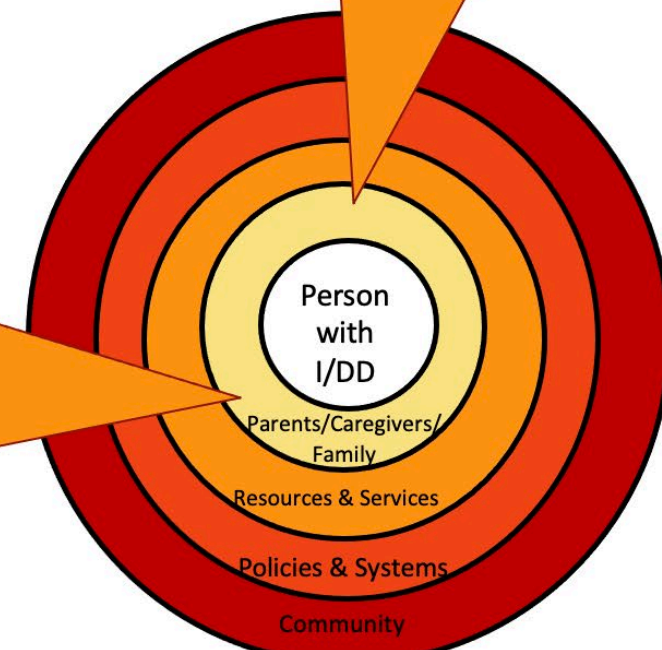


Emotional Support to Reduce Isolation

- Weekly *in-person (currently virtual)* support groups
- Multiple online support groups
- Social opportunities for the entire family
- One on one Helping Parent matches
- One on one Special Education Support
- Telephone and in-person consultation

Resources and Information to Empower and Encourage

- Assistance in understanding and navigating complex systems
- Special Education, DDA, Housing, Guardianship, Financial Planning and Medicaid support
- Introduction to disability-friendly community resources and opportunities



THE ARC AND PARENT TO PARENT

OUR WORK IN ACTION

"As parents, we have access to so many professionals: doctors, therapists, teachers, case managers and more. But there are certain kinds of information and support that we can only get from other parents." - Rachel Nemhauser, Supervisor, P2P King County



For more information:

- Our [Website](#)
- Our [Community Calendar](#)
- Our [online support groups](#)
- Our [Resource Guide](#)
- Follow us on [Facebook](#)
- Call or email us directly!



Rachel Nemhauser

Community and Family Support
Program Manager

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Information, Resource and
Special Ed Coordinator

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Our
Vision:
A
community
free of
poverty

Hopelink's **mission** is to promote self-sufficiency for all members of our community; we help people make lasting change.

hopelink

Food, Financial & Energy Assistance



FOOD ASSISTANCE

- Boxes of fresh & non-perishable food are available for pick-up
- Current hours:
Tues: 12-4pm
Wed: 3-7pm
Thurs: 10am-2pm



FINANCIAL ASSISTANCE

- Limited \$\$\$
- Unexpected/ Shock
- Eviction Prevention,
- Move-in Costs



ENERGY ASSISTANCE

- Home Heating
- Energy Costs
- Conservation Education

Housing & Family Development



HOUSING

- 113 Units
- Coordinated Entry
- Case Management



FAMILY DEVELOPMENT

- Housing Stability
- Increasing Income
- Attaining Goals

Education, Employment & Financial Capabilities



ADULT EDUCATION

- English for Work
- GED Preparation



EMPLOYMENT SERVICES

- Career Coaching
- Resume Review
- Local Employers



FINANCIAL CAPABILITIES

- Budgeting
- Rebuilding credit
- Financial education

Promoting Self-Sufficiency



FOOD ASSISTANCE



EMPLOYMENT SERVICES



FINANCIAL ASSISTANCE



HOUSING



TRANSPORTATION



ADULT EDUCATION



FINANCIAL CAPABILITIES



ENERGY ASSISTANCE



FAMILY DEVELOPMENT

Contact the Redmond Center 425-869-6000

<http://www.hopelink.org/>

hopelink



WHAT WE DO

Youth Eastside Services (YES) is the leading behavioral health service provider for children and youth, ages birth to 22, and their families in East King County.

MISSION

Youth Eastside Services (YES) is a lifeline for kids and families coping with challenges such as emotional distress, substance abuse and violence. Through intervention, outreach and prevention, YES builds confidence and personal responsibility, strengthens family relationships, and advocates for a safer community that cares for its youth.



SERVICES



YOUTH & FAMILY
MENTAL HEALTH COUNSELING



SUBSTANCE USE & CO-OCCURRING
DISORDER COUNSELING



SCHOOL-BASED SERVICES

YES AGENCY SERVICES

- Individual mental health counseling
- Psychiatric services
- DBT skills group
- Early childhood behavioral health



CO-OCCURRING DISORDERS AND SUBSTANCE USE TREATMENT

- Individual counseling
- Road to Recovery groups
- Parent/caregiver Support group

YES SCHOOL-BASED SERVICES

- Behavioral Health Support Specialists – MS level
 - Individual counseling
 - School-wide presentations
 - Groups
- Intervention/Preventionist – HS level

Community-based programs

- Latino H.E.A.T and Latinos Unidos
- Latinx Family programs
- BGLAD support group
- Success Mentoring

REACH OUT TO US



CURRENTLY OFFERING VIRTUAL SERVICES

youtheastsideservices.org/virtual-services



CALL US TO INQUIRE ABOUT SERVICES

425-747-4937

JOIN US ON SOCIAL MEDIA



YouthEastsideServices



youth_eastside_services



Youth Eastside Services



Youth Eastside Services



Additional resources

LWSD Family Services page

<https://www.lwsd.org/programs-and-services/academic-support/family-services>

LWSD is providing FREE meals for children ages 1-18

<https://www.lwsd.org/pathway-forward/grab-go-student-meals>

Family Services

Lake Washington School District recognizes there are a number of families in need in our community. It can be difficult to know where to turn when you need help. That is why the Homeless Liaison developed a list of community resources to support students, parents and families in our community, whether homeless or not. The list of community resources is organized below by type of services offered. This list is not intended to be complete. If you know of other resources that should be added to the list, please contact [Catherine Cruz](#) at 425-936-1469.



[Dyslexia](#)

[English Learners](#)

[Family Services](#)

[Homeless Services](#)

[Native American Education Program](#)

[Multi-Tiered System of Supports](#)

Other types of services

- [Child Care](#)
- [Clothing](#)
- [Counseling](#)
- [Dental Care](#)
- [Domestic Violence/Sexual Abuse](#)
- [Financial Resources](#)
- [Food](#)
- [Furniture](#)
- [Health Care](#)
- [Holiday Help](#)
- [Housing/Shelter](#)
- [Job Assistance/Education/Training](#)
- [Language Help & Resources](#)
- Cultural Navigator Program:
 - [English](#)
 - [Spanish](#)
 - [Chinese](#)
 - [Russian](#)
- [Legal & Tax Resources](#)
- [Mental/Behavioral Health](#)
- [Phone/Wireless/Cable Services](#)
- [School Supplies](#)
- [Special Needs](#)
- [Substance Abuse/Addiction/Recovery](#)
- [Transportation](#)
- [Utilities](#)

For more information:

Contact the local organization

Talk to the representative here today

Email Yumna Green: EVP@lwptsa.net

Please take a moment to complete our short survey!

THANK YOU!

