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January 10, 2019



## Thursday Mail News from the Family Resource Center

Phone: 360 468-4117 Email: [lifrc@rockisland.com](mailto:lifrc@rockisland.com) Website: [www.lifrc.org](http://www.lifrc.org)

Barbara Gurley, Executive Director; Greg Allott, Financial Manager; Patsy Haber, Programs

Coordinator, Mentor Program Coordinator; Stephanie Stratil, Programs Coordinator; Heather Harrison, Programs Coordinator, Preschool PIP Coordinator; Noah Goldberg, Preschool PIP Coordinator; Deborah Bonnville, Community Supports Specialist; Contessa Downey, Community Supports Specialist; Alaya Battalia, Community Supports Specialist, LISD Family Advocate; Dixie Budke, Gleaning Program Coordinator

### *Do you have WA Apple Health Insurance (Medicaid)?*

**If so, you and/or your children qualify to receive ferry tickets and gas vouchers for off island doctor appointments (including vision, dentistry and mental health visits).**

*To activate these benefits you must fax over up to date proof of vehicle insurance, vehicle registration and drivers license to Medicaid Transport and then call 4 days in advance with the details of your appointment. Tickets get picked up at the LIFRC office.*

**Fax: (360)734-5476 Telephone: 1(800)860-6812**

*The LIFRC is happy to help fax over these documents and answer questions!*

### **“Being the Parent of an Adolescent and Living Through It!”**

or

**“Get out of my life! But First... Could you Drive me and Cheryl to the Mall? (Neil’s Mall?)**

**-By Anthony Wolf, Ph.D**

*Join us for this four part workshop on the joys, struggles, and rewards of being a parent of an adolescent. These sessions are for parents or guardians of children in middle school through high school. Our intention is to provide current and useful information about teen development and parenting and promote parent reflection, and mutual support.*

**6:00-7:30 @ the LIFRC**

**Jan 15 & 29, Feb 5 & 12**

**FREE!**

**Call the LIFRC to regis-**

**Parenting in the good ole days and now.**

**Understanding the teenage brain**

**Communication and Trust with Your Adolescent.**

**Consequences, Boundaries and Limits.**

**Values versus Mainstream - What My Friends Are Doing!?**

**Talking with your Teenager about Drugs, Sex and the Media.**

Facilitated by Amy Ray, Licensed Independent Clinical Social Worker and Paul Lewis, Licensed Marriage and Family Therapist.

**The Library Tuesday After School Reading Program is back in action! Call LIFRC to register!**