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October 11, 2018

Thursday Mail News from the Family Resource Center



Phone: 360 468-4117 Email: lifrc@rockisland.com Website: www.lifrc.org

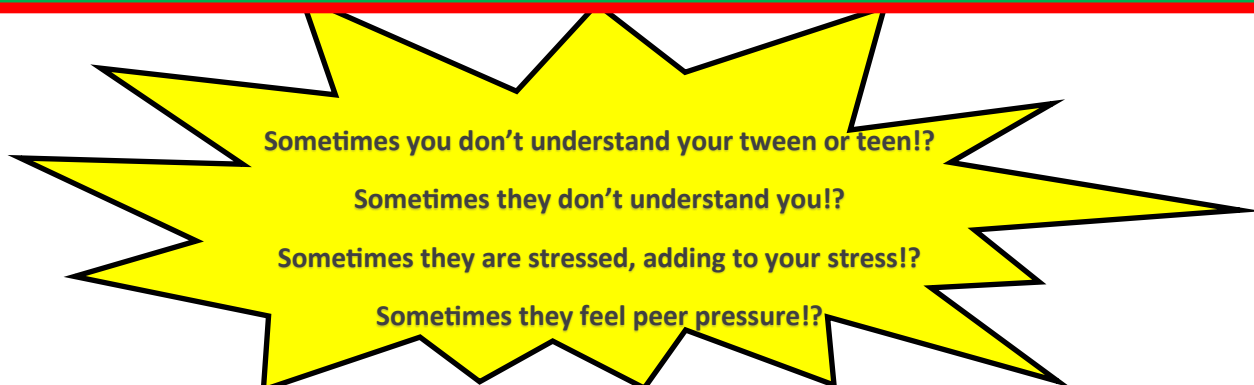
Barbara Gurley, Executive Director; Greg Allot, Financial Manager; Patsy Haber, Programs

Coordinator, Mentor Program Coordinator; Stephanie Stratil, Programs Coordinator; Heather Gladstone, Programs Coordinator, Preschool PIP Coordinator; Libby Valluzzi, 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 need food?

Household Size	Gross Monthly Income limit
2	\$2,707
3	\$3,403
4	\$4,059
5	\$4,749

Call the LIFRC for a confidential appointment and we can help you apply for basic food benefits through the Department of Social and Human Services.



**Families with youth ages 10-14,
Don't miss this opportunity:**

In seven 2.5 hour sessions led by trained facilitators, family members learn tips and tricks to handle stress, to resist peer pressure, to set and reach goals, to understand each other's perspectives and motives better, and to listen and talk to each other in a respectful and empathetic way—skills that every family can make good use of!

Fun. Family-focused. Evidence-based. Time-tested. Almost free.

Each session includes a delicious family meal, raffle entries, and childcare for younger siblings!

For more information and to sign up, contact Stephanie Stratil or Alaya Battalia

Lopez Island Family Resource Center: 360-468-4117 or lifrc@rockisland.com